

Task 1 Hi Richard, How do you do? I'm very happy because I will see you in England in next week. In next week, especially on Friday , my family will be at the airport at 9:00 pm and landing at 2:30am. If you have time, you can pick me up, can't you? I want to stay 15 days because this is my last vacation before doing an exam high school. when I stay there, I want to visit beautiful places such as: museum, church, Elizabeth tower and special Big Ben clock. I will take many pictures and buy souvenir to give relatives and friends. I hope I will see you soon. Love you, Mai.

Task 2 Nowadays, the healthy diet is important to us because if we have a good health, we can make some things in our life. There are some ways to keep a good health. Firstly, we should do exercise everyday. We can walk on the street, do aerobics , play sport as ride bicycle and so on. Secondly, you should have a good diet, eat enough the nutriment. Always have breakfast because the breakfast is most important meal in daily. you should have meal in time. The best time to have lunch is about 11:00am to 12:00am. And for dinner is about 6:30pm to 7 :00pm. You should eat less meat, especial beef, turkey, pork and so on and should eat a lot of vegetables and fruits, salad,.. Thirdly we should drink a lot water. Don't smoke and drink strong wine or beer. Finally you have sufficient sleep at least 7 hours per day, not stay at late. Healthy diet is necessary for us so we need to eat sensibly to protect health.