

Task 1: June 26th, 2016 Dear Richard, How are you? i'm looking forward for the trip to England. I'll will arrive at the airport at 12:00pm on July 6th. I'm planning to stay there for about a week and i would love to have a tour around London if possible especially the Big Ben tower and the Buckingham Palace too. I'm excited to come see you soon. Love, Dong

Task 2: . Eating healthy leads to a better lifestyle and generally makes you feel better. Not only does your body feel good after consistently eating good and working out but the daily jobs become quicker and u get in shape. Diets are no good though you must make lifestyle changes and keep up with the excercise or it doesn't work. These changes will decide how you live the rest of the your life and what kind of like you live. Being overweight and being really good shape. That's the procedure of becoming a person with healthy lifestyle through diet and excercises. Being healthy, in good shape is way better than overweight. Various nutrition guides are published by medical and governmental to institutions to educate on what they should be eating to promote health. Nutrition fact labels are available in some countries to allow consumers to choose between healthy food based on the ingridients relevant to health. The reason why it is important to use because it does so much for your body. It can prevent and control health problem such as heart disease, high blood pressure. It can help you stay balanced and improve your mood. Healthy diet is good for teenage because they are growing. On the other hand, unhealthy diet can lead to obesity, sickness and poisonous. A healthy diet is the key to a happy, long, fit life