**Healthy lifestyle**

A: Hi B. Long time no see. I just read a facebook post about people's lifestyle. What do you think is a healthy lifestyle?

B: Hi Hiep. I think a healthy lifestyle can mean exercising weekly, eating lots of green vegetables and spending time with loved ones every day. How about you?

A: That's a good idea. I agree with that. A healthy lifestyle is not to stay indoors too much, to participate in healthy outdoor activities and communicate with people around more. Do you have a healthy lifestyle? What do you do?

B: Yes, I have. for example: I always go to bed early and wake up early to clean the house for my family. Every morning, I usually exercise by jogging. I do not eat greasy food because it is very harmful to health. More and more. And you? What do you do to have a healthy lifestyle?

A: Yes, I think I also have a healthy lifestyle. For example, I usually wake up at 6 am to exercise and take care of my flower garden. I often go for walks and chat with lovely neighbors. Every meal I usually eat a lot of vegetables and limit fat.

B: I think nowadays everyone should have such a healthy lifestyle to enhance health, increase resistance, to reduce the risk of dangerous diseases.

A: Yes, I agree with you. Everyone should pay more attention to their health. How does it feel to have a healthy lifestyle?

B: Great! Before, my body always felt full of energy, everything around me became more beautiful. How about you?

A: I feel the same way as you. When I lead a healthy lifestyle, I feel better, my life becomes easier when I am healthy.

B: Yeah, we should do it. Oh, I got a call. Sorry Mr. A. Goodbye and see you another day.

A: Oh, that's a pity. Thanks for sharing with me. Bye.

**Favorite sport**

A: Hi B. Long time no see. You look great, do you exercise?

B: Hi A. Thank you. I just finished some warm-up exercises to prepare for my sport.

A: So what is your favorite sport?

B: My favorite sports are football and basketball.

A: When do you usually play football and basketball?

B: On weekends, I usually play with my friends from afternoon to evening. Basketball is my second favorite sport and sometimes I practice from Tuesday to Thursday morning.

A: Why do you like those sports so much?

B: Playing sports is very good for our health. Playing football helps our legs to be firmer and stronger. Besides, basketball also helps to strengthen our solidarity. When they come together, we will have a healthy body.

A: Oh that's a great reason.

B: What about you? Do you have a favorite sport?

A: yes. My favorite sport is martial arts. I usually practice martial arts early in the morning every day. In addition, I also enjoy swimming. I often go with my friends to swim and compete with each other very happily.

B: When do you usually go swimming?

A: Every Sunday morning, my group of friends usually go to the swimming pool to split the team. And most of my free time, I go swimming with my brother.

B: Why do you like those sports so much?

A: Because I feel healthier, happier, and know many new possibilities of myself. In my opinion, the form of competition in sports is the motivation for people to try and show themselves what they can do.

B: Oh, sorry A. I have a call. Goodbye and see you later.

A: Oh, that's a pity. Farewell.

**Your hobbies/hobbies**

A: Hi B. Long time no see. Recently, I have seen you often share on social networks about travel and games. Is your hobby traveling and playing video games?

B: Yes, yes. But I'd rather go to the garden than play video games.

A: Oh good. When did you have those hobbies?

B: I think since I was a kid.

A: Oh really? Why do you like gardening and traveling?

B: That's a good question! Traveling helps me have new experiences, discover new skills and see beautiful sights with my own eyes. On the other hand, I like gardening because it will help me exercise, and enjoy the fruits of my cultivation.

A: That's great. How do those interests affect your life?

B: These hobbies help me a lot in life. When I feel free, I often go to the garden and start growing my favorite vegetables, sometimes I ride my motorbike to the sea to enjoy the scenery. Those things make me feel that life is more wonderful.

A: Sounds great!

B: What about you? Can you share with me about your hobbies?

A: Of course. My hobbies are reading books and making crafts. These interests started appearing in my high school. When I was exposed to crafts for the first time.

B: Oh really? Sounds interesting. Why do you like these hobbies?

A: Because I feel comfortable when I read a book and it also gives me new knowledge. And I'm happy to be able to make each handmade item with my own hands and have it recognized by everyone. Reading books and making crafts help me have a healthier and happier living space.

B: Hmm, I think you have some really cool hobbies. Oh no, sorry A. I have a call. Goodbye and see you tomorrow.

A: Yes, I get it. Bye. See you soon.

**Your favorite means of transport**

A: Hi B. Long time no see. Today, the world is increasingly modern, the means of transportation appear more and more diverse. What is your favorite means of transport?

B: My favorite means of transport is motorbike.

A: Oh really! Why do you want to use that transport?

B: By motorbike, I can see all the surroundings. Feel the sunlight and the scent of the flowers. Riding a motorbike is very easy to fit into my daily routine, I can use it to go to the store, the park, school or work. How about you?

A: My favorite means of transportation is the bus.

B: Why do you want to use that transport?

A: Because what I like most about this type of transportation is to limit environmental pollution and traffic congestion. In addition, the ticket price is quite reasonable for a student like me.

A: Where do you usually use your motorbike to go?

B: I usually use my motorbike when going to school, sometimes I use it to go shopping and travel. And you?

A: I usually use the bus to go to school, go around and go to the market.

B: Oh, I'm sorry. Now I have to help my mother with the housework. Bye. See you soon.

A: Thanks for chatting with me. Bye. Have a nice day.

**Your most memorable journey**

A: Hi B. Long time no see. Have you had a memorable trip recently? If so, what is the itinerary?

B: Hi Mr. A. I went to Hanoi last week.

A: Oh really? What have you been through?

B: This is my first time to Hanoi. Hanoi is the capital of Vietnam and a beautiful city, life there is very hectic. I checked-in at three places called: Temple of Literature, Quoc Tu Giam, Sword Lake, One Pillar Pagoda.

A: Oh, that's great! How did you feel then?

B: I have been to many places in Vietnam, but this is the first place that impressed me the most.

A: Wow, you are a traveller, I would love to be like you. Why was it your memorable journey?

B: I am a person who loves to travel with friends to explore many places that I have never been to, discover the beauty of nature, culture and different cuisines. How about you? Have you had any memorable trip?

A: Of course. My memorable journey was the first time to Da Lat 1 year ago. I went there with my friends and we stayed there for 1 week.

B: Da Lat? I went there many times, it's a very nice place. So what have you been through?

A: Yes, Da Lat is a beautiful city with lots of flower gardens and very fresh air. First, the scenery in Da Lat is very beautiful, everyone here very warmly welcomes us. Next, we went to many places and enjoyed many dishes there. But what I remember most is that early in the morning we went to Da Phu Hill together to "hunt clouds". We had a good time together.

B: Oh, your journey is interesting! How did you feel then?

A: I feel very happy and comfortable. And I really appreciate that.

B: Yes, I agree with you. We should spend more time to experience many new things outside. So why was it your memorable journey?

A: Because new trips are a great thing. We are usually very busy so we rarely get to have fun and be together for so long. So I really cherish those moments.

B: That's great. Oh sorry. I have a call! Goodbye, see you on Monday.

A: Oh, what a pity! Bye. See you soon.

**Festival in Viet Nam**

A: Hi B. Long time no see. At the end of the upcoming year, there are many festivals taking place. Do you like any festivals in Vietnam?

B: Yes, I like the Lunar New Year.

A: Oh really? Lunar New Year is the most famous and important festival in Vietnam.

B: At this time, people are always busy because they need to decorate their houses, make delicious food, go shopping,....

A: Do you know any famous dishes on this occasion?

B: The most famous food during the Lunar New Year is Chung cake. It is made from green beans, sticky rice and fatty pork. Although eating it can make me fat, I like it so much.

A:  Oh, it is great! I love that dish too, it's delicious. What do you usually do on Lunar New Year?

B: During Tet, I always travel because this is the longest festival of the year. I often visit relatives and friends to have a meal or chat.

A: The children always receive lucky money from the elders.

B: Tet is time to gather and have wishes for a lucky new year. I love Tet so much.

A: Yes, I agree with you. I also love Tet.

B: Oh, sorry. I have a call! Goodbye, See you on Monday.

A: Oh, that's a pity! Goodbye. See you soon.