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**TOPIC 3: How you take care of your appearance**

Hello everyone, my name is Vinh. I come from Hoa Binh City and am currently studying information technology. Today I want to talk about How you take care of your appearance. Appearance is important to me but not more than my personality. I'm happy with the way I look, but I also do some things to maintain and improve it. I think inner and outer beauty are both important because they influence each other. I wash my face with clean water every morning and evening. I shower and wash my hair once a day and use a hair dryer and comb to style it. I brush and floss twice a day and see my dentist twice a year. Sometimes I go to a beauty salon or spa with friends or family for fun or relaxation. I usually get a haircut, shave, and facial when I go there. It cost me about 100,000 VND for these services. I don't like plastic surgery because I think it's dangerous and unnatural. I think it can cause health problems, emotional problems, or dissatisfaction with the results. I also think it can change the way people see themselves and others. I accept myself as I am and don't want to change anything about myself.

***Word count: 178 words***

**TOPIC 4: Write about your eating habits.**

# Hello everyone, my name is Vinh. I come from Hoa Binh City and am currently studying information technology. Today I want to talk about write about your eating habits. I used to eat junk food, but I stopped because it was unhealthy. Now I eat more healthy foods, such as oatmeal, rice, vegetables, fruits, and nuts. I eat a few large portions of food each day. I want to drink more water because it is good for me. The unhealthiest foods are fried foods, processed foods, and sugary drinks. They can cause many diseases. My grandparents eat traditional Vietnamese food, which is fresh and tasty. My parents eat a mix of Vietnamese and Western food, which is more diverse and richer. I think eating healthy foods can make me live longer and happier. There are different types of diets, such as vegetarian, vegan, gluten-free, keto, paleo, and Mediterranean. They suit different people’s needs and preferences. Organic food is better than normal food because it is natural and nutritious. But it is also more expensive because it is rare and high-quality. Some traditional foods in my country are pho, banh mi, spring rolls, sticky rice, and che. Some are healthy and some are not.

***Word count: 174 words***