**Topic 13: The benefits of learning foreign languages**

**In my view, there are four main benefits of learning foreign languages.**

* Firstly, It helps us to make friends. Speaking a foreign language enables us to communicate with other foreigners and have better relationship.
* Secondly, It helps us to study abroad. Learning a foreing langugage give us more chances to come to other countries to study and gain more knowledge.
* Thirdly, It helps us to get scholarship. It is very hard and selective to win a scholarship and A foreign language is one of the requirements of the univeristies.
* **Finally, It helps us to find a good job with high salary. Many big companies require job applicants to speak English or Chinese well to talk and work with foreign clients. We can talk or email them in that foreign language.**

**Topic 14: The benefits keeping a pet**

**In my view, there are four main benefits of keeping a pet**

* Firstly, It helps people love animals. For example, dogs or cats are very friendly and smart, When people take care of them, play with them, their love for animals become bigger and bigger.
* Secondly, it helps people learn how to cares for others. People have to spend time buying pet food, washing it or take it for a walk. Even when the pet is sick, they have to take it to the vet (bac si thu y) and look after it well.
* Thirdly, It helps people have more responsibility. Keeping a pet means people have to feed it and excercise with it. People have to get out of bed to feed it or play with it. That makes them have a good habit.
* **Finally, people can have a best friend. It is said that pet such as dogs and cats are very loyal and friendly. people can play with them in the park, talk to them and share their problems with them. That’s why a pet is always a good listener. Sometimes, a pet can understand your feelings and emotion.**

**Topic 15: Benefits of drinking a lot of water**

**In my view, there are four main benefits of drinking a lot of water.**

* Firstly, it helps people to boost their skin health and beauty (đẹp da va đẹp người). Our skin becomes stronger, younger and more attractive.
* Secondly, it helps flush body waste (thải độc cơ thể). Water is needed to remove body waste (hoac dùng từ toxin : độc tố) to become healthy
* Thirdly, It helps people to lose weight. If you drink a lot of water before meals, We often feel full (cam thay no) and We can cut down on the amount of food.
* **Finally, It increases brain power and prevent headaches (giúp tăng cường trí não và ngừa đau đầu).**

**A medical study shows that drinking a lot of water helps you think, focus and stay alert (tỉnh táo). Therefore, our memories can improve. Besides, drinking a lot of water helps us prevent headaches.**

**TOPIC 16. BENEFITS OF TEAM SPORTS FOR KIDS**

**In my view, there are four main benefits of playing team sports**

* Firstly, it helps kids to do exercise regularly (tap the duc deu). They have to go out and play with their teammates. They can enjoy fun together and get stronger.
* Secondly, it helps develop team work. They can have the ability (nang luc/ kha nang) to work well with others and it is very useful for them in the future.
* Thirdly, It helps kids to respect (biet ton trong nguoi khac). They learn how to respect their coach (huan luyen vien), teammates (dong doi). They can learn good sportmanship.

**Finally, They can have better communication. Team sports put them in interaction (tuong tac) where they have to talk, contact with their teammates, express their feelings and shares their ideas. This both helps them to develop communication skills and build up their confidence (tro nen tu tin hon).**

**17. DISADVANTAGES OF BEING CELEBRITIES**

In my opinion, there are four main drawbacks of being celebritites

* First, there is no privacy. When you enter showbiz and become famous. You don’t have your own life. Public has their eyes on you.
* Secondly. Celeb people can’t do simple things like normal people do. They cannot go shopping in markets or cheap clothes stores because Paparazzi is ready to take their photos.
* Thirdly, They have many anti-fans and anti-fans can disturb their busy life.
* Finally, that is stress. Firstly, celeb people suffer a lot from stress because of their busy daily routine. They have many shows and rehearsals (luyen tap). Secondly, it is the burden of achievement/success. Many fans have a lot of expectation from their idol and famous people have to try hard to succeed in the eyes of their fans. That explains many famous people drink alcohol, use drug and even kill themselves.

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