

TASK 1

Last month you had a holiday overseas where you stayed with some friends. They have just sent you some photos of your holiday.

Write a letter to your friends. In your letter

- thank them for the photos and for the holiday
 - explain why you didn't write earlier
 - invite them to come and stay with you
 - show assignment hope back reminded welcome
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Dear John and Jane,

I hope this letter finds you well. I'm just writing to thank you both for the holiday and for the photos you sent.

The photos arrived this morning in the post. They reminded me what a great time I had during my stay with you last month. You really were fantastic hosts, and I couldn't have asked for better guides to show me around. Sorry I didn't write to you earlier, but I've been working flat out since the moment I arrived home. Do you remember I told you I had an assignment to finish? Well, the deadline was two weeks earlier than I thought it was! Anyway, I'm back to normal now and I've handed in all of my assignments.

In fact, now that I'm free, why don't you both come and stay? There's a spare room here, so you're welcome to use it whenever you like.

Hope to see you soon,

Peter

TASK 2

Childhood obesity is becoming a serious problem in many countries. Explain the main causes and effects of this problem, and suggest some possible solutions.

Đoạn 1: Giới thiệu chủ đề + trả lời yêu cầu đề bài

Many nations in the world are now facing the problem of obesity among young children. As it badly affects young generation's health, steps should be taken to overcome this problem. In this essay, I would describe some significant reasons for this problem, the effects it brings and propose some possible solutions.

Đoạn 2: Viết nguyên nhân và hệ quả

Causes

- eat junk food e.g. hamburgers, chips/ drink sugary soft drinks
 - lack of exercise/ physical activity contributes to the obesity problem
 - play computer games/ chat on the Internet, rather than playing outside or doing sport
- #### ***Effects***
- these problems lead to obesity/ children are overweight, unhealthy, unfit
 - a higher risk of diseases e.g. diabetes, heart diseases, cancer
 - put a strain on hospitals/ they will be a burden on hospitals in the future

Firstly, one of the most obvious reasons for being overweight is an inactive lifestyle. It is true that children nowadays tend to lack exercise and physical activities. For example, many children like playing computer games or chatting on the Internet rather than playing outside or doing sport. Another cause of this is the young's preferable unhealthy diet. They often eat junk food like hamburgers or drink sugary soft drinks. This less active habit and unhealthy diet would contribute to obesity which can lead to a higher risk of diseases such as diabetes, heart diseases or cancer.

Đoạn 3: Viết giải pháp

The problem of obesity can be solved in many ways. Firstly, it is the parents' and schools' responsibility to ensure that children have a healthy diet at home as well as at school. Furthermore, parents could restrict the time they spend playing computer games and at the same time encourage them to take regular exercise. A further solution is for the government to limit junk food advertising. By doing this, children can stay away from food that has a negative effect on their health.

Đoạn 4: Kết luận

In conclusion, obesity is still one of the most serious problems affecting children's health in the modern world. I believe that only when parents, schools and government take actions, could the problem be resolved.