ASM

Họ và tên:Nguyễn Thị Mai Hương

Mã SV: PH43157

Lớp: ENT2226.203

**TOPIC 3** Write about how you care for your appearance

Hello, my name is Hương, I am 19 years old. I come from Ninh Binh. I am study at FPT Polytechnic, my major is IT. Today I will talk about how to take care of my appearance.

I am satisfied with my appearance, because I am a person who does not care too much about appearance. I find inner beauty more important. I brush my teeth twice a day. I usually clean my face twice a day and get a haircut twice a month. For personal care, I usually use sunscreen, bath soap, toothpaste and shampoo. I use soap to care for my skin. I often go to the salon with my friends to get a haircut twice a month. The Salon is located at 49 Cau Dien Street, Nam Tu Liem, Hanoi. The services I received when I went to the salon were haircuts, hair restoration and facial. I had to pay two hundred thousand for that service. I don’t like plastic surgery because it’s too expensive and takes away my natural beauty. The advantage of cosmetic surgery is that it brings beauty and charm, the disadvantage is that it is expensive and dangerous. If I had money, I wouldn’t use any service, because I want to use that money to take care of my family and future.

Thank you for your listening!

* **Trả lời câu hỏi topic 3:**

•    Are you happy with your appearance?  Is appearance important to you?

* I am satisfied with my appearance
* I am a person who does not care too much about appearance.

•    Which is more important, inner beauty or outer beauty?

* I find inner beauty more important.

•    How do you take care of your skin/hair/teeth/….?

* I brush my teeth twice a day. I usually clean my face twice a day and get a haircut twice a month.

•    Which personal care products do you use for your skin/hair/teeth/…?

* For personal care, I usually use sunscreen, bath soap, toothpaste and shampoo.

•    Do you usually go to salon or spa?

* I usually go to the salon

•    Where is the salon/spa located?

* . The Salon is located at 49 Cau Dien Street, Nam Tu Liem, Hanoi.

•    Who do you go there with?

* I often go to the salon with my friends

•    Which service(s) do you usually get when you go to that salon/spa?

* The services I received when I went to the salon were haircuts, hair restoration and facial.

•    How much do you have to pay?

* I had to pay two hundred thousand for that service.

•    What do you think about cosmetic surgery?

* I don’t like plastic surgery because it’s too expensive and takes away my natural beauty.

•    What are the pros and cons of cosmetic surgery?

* The advantage of cosmetic surgery is that it brings beauty and charm.
* The disadvantage is that it is expensive and dangerous.

•    If you have money, which procedure(s) do you want to have? Why?

* If I had money, I wouldn’t use any service, because I want to use that money to take care of my family and future.

**TOPIC 1:**

1. **What is the name of the hotel?**

→  The hotel I stayed at is called Muong Thanh.

1. **Where is the hotel located?  What did you think about the location of the hotel?**

**→** The hotel is located in Sam Son, Thanh Hoa.

→  The hotel has a convenient location for travel.

1. **How did you get to the hotel?**

**→**I went by car with my family to the hotel.

1. **When did you stay at the hotel?**

**→**  I stayed at the hotel on vacation last summer.

1. **What type of room did you stay in?  What is the room rate?**

**→**  I stayed in a double room. The room rate is 500k/night.

1. **What was there in the room?**

**→** The room had air-conditioner, dryer, iron and king-size bed.

1. **Did you have anything from the minibar?**

**→** Yes, i didn’t. I took a bottle of water from the minibar**.**

1. **What facilities/services did the hotel have?  Which facilities/services did you use?**

**→** The hotel has bell service, laundry service, room service... I used     laundry service and room service.

1. **Did you request any housekeeping services?**

**→** No, I didn’t.

1. **Were you satisfied with your stay?**

**→** Yes, I was.

1. **What did you like most about the hotel?**

**→** I liked the comfortable room.

1. **What did you dislike about the hotel?**

**→** The laundry service was a bit expensive.

1. **Do you recommend the hotel to your friends?**

→   I highly recommend this hotel to anyone seeking a luxurious and tranquil retreat.

**TOPIC 2:**

1. **Do you know how to drive a car?  Do you think you are/are going to be a good driver?**

* I don't know how to drive a car, but I believe that being a good driver requires a combination of skills and responsible habits

1. **What are the examples of defensive (good) driving habits?**

* Examples include staying within speed limits, maintaining a safe following distance, using turn signals, and obeying traffic rules

1. **What are the examples of bad driving habits?**

* Bad driving habits like texting while driving, speeding, tailgating, and running red lights can lead to accidents

1. **What do you think is the most dangerous driving behaviour?**

 →  I think the most dangerous behaviour while driving is using a phone and not stopping at red lights

1. **Which driving habits do you usually have?**

**→**  I often have the habit of stopping at red lights when driving

**6. Where was the accident?**

   →  Last week when I went from home to school I witnessed an accident

**7. Where were you when you saw/heard about the accident?**

  →  The accident happened at the gate of FPT College

**8. When was the accident?**

→  I saw an accident on Trinh Van Bo street when I went to school last week.

**9.What happened during the accident?**

→  The car driver was speeding, so he crashed into a motorcyclist who was moving in the opposite direction to him.

**10. Which bad driving behaviours did the driver(s) have?**

→  The car driver was speeding.

1. **Was anyone hurt?  Was there much damage?**

→  Luckily no one was seriously injured and the car’s headlights were broken.

**12. What have you learned after you saw/heard of the accident?**

→  After seeing the accident, I want to tell all drivers that you need to pay attention and drive carefully.

**TOPIC 4:**

**•    What kinds of food did you eat? Why did you give up on this eating habit?**

→  I use to eat a lot of greasy fried foods but now i limit it

→  I gave up because it’s not good for my health

•    **What do you often eat for your daily meals? (Breakfast, lunch, dinner)**

→ I usually eat bread with milk for breakfast

→ For lunch, I eat healthy diet of rice, meat and vegetables

→ For dinner, I snack on salad

•    **Do you usually eat healthy or unhealthy foods? What are they?**

  →  I usually eat healthy foods in my diet, focusing on a balanced intake of fruits, vegetables, lean proteins, and whole grains.

•   **Do you eat a lot of small portions or a few large portions of food each day?**

 →  I prefer consuming small portions throughout the day to maintain energy levels and avoid overeating.

•    **Any eating habits you want to change? Why?**

 →  Eating habit I wanna change is reducing my intake of processed foods and added sugars. It helps me have better health.

•    **What are the unhealthiest foods you can think of?**

**→** Some of the unhealthy foods that I think of include processed snacks, sugary drinks, fried items, and foods high in saturated fats. They are very bad for health.

•    **What are the eating habits of people around you? (Your grandparents, your parents)? Are your eating habits different from theirs?**

**→** Everyone in my family has very similar eating habits.

→ My habits are different from theirs.

•    **Do you think that a person’s eating habits affect how long they live?**

**→** I think a person's eating habits will affect their longevity.

**•    What are different types of diets that you know?**

**→** The diets I know are the weight loss regimen and the gym regimen.

**•    Which is better? Organic food vs Normal food?**

→  Organic food is better than conventional food.

•    **Name some traditional foods in your country? Are they healthy or not?**

→  The traditional dishes of my country include: banh xeo, cha gio… and they are very healthy

•   **Why is organic food so much more expensive now?**

→   Because there are no chemicals, the cost is high and it takes a lot of effort