

Nơi chia sẻ tài liệu học tập, ôn thi, giải đáp thắc mắc, bài học, đề kiểm tra, đề thi các môn tại trường Đại học Công Nghiệp TP. Hồ Chí Minh (IUH)

<https://www.facebook.com/groups/sharebooksanddocuments/>

<https://www.facebook.com/groups/sharebooksanddocuments/>

COMPOSITION TOPICS LEVEL B

1. The benefits of sports and physical exercises

Nobody can deny the benefits of sports and physical exercises. In fact, such sports as: swimming, jogging, jumping, playing tennis, football, basket - ball, volley - ball, skating, skiing etc bring us a well - proportioned body. When we practise a certain sport, our muscles are developed; blood circulates easily in blood vessels therefore we'll have a good appetite and a sound sleep. As for me, my favourite sport is jogging in the morning and playing tennis in the afternoon. By practicing these sports regularly I always feel fit and never get sick. Health is much more precious than money. We can't lead a happy life if we are continually tortured by diseases. Try to keep a clear mind in a healthy body and get accustomed to regular practice of certain sports, we'll feel life worth living.

2. Why are good books considered good teachers and friends?

a) When I read a book, I am swept away into my own little world discovering new things and imagining places only I can see. It is a private dialogue between the author and me. There is no one to criticize or question me. I can read the book at my own speed and savour it every moment. Books offer us the world. We can learn about history, geography, famous and interesting people and different countries. It is the cheapest form of travel that I know! I love to read a variety of authors and learn about new ideas and ways of expression. I also try to read a variety of books, from romance to biographies and everything in between. I especially like adventure stories because it is in here that I can really put my imagination to work! There is such a vast amount of information available in books. From the early ages to our recent years we can continue to learn about a variety of topics and interests. School textbooks offer us the basics for learning

how to learn-from math to science, from language to arts. Recently, my father and brother were interested in building a new table and chairs for our family's dinning room. Neither one of them is a carpenter. So how did they do it, your might ask? They bought a book that showed them how! A good book truly merits respect whether it is a "how-to" book, a good novel or a school textbook.

b) It is often said: "Tell me what you are reading and I will tell you who you are".

For me, a good book is always a good teacher guiding me through life as well as a true companion encouraging me and consulting me in my desperate straits.

In fact, interesting books are a source of invaluable knowledge to those who want to master everything they haven't known before. Through masterpieces all over the world we can realize the whole outstanding culture and civilization of mankind in every aspect: literature, science, sociology, anthropology, technology and economics.

Nobody denies the important role of good books in developing man's knowledge. The more we read valuable books the more we become wise and experienced. By reading books, we can get rid of all prejudices and narrow-mindedness. We can no longer live in The Ivory Tower like a recluse and therefore we can get along with other people around us easily.

Next, good books are true companions who always share our joys and sorrows in our daily activities. Are you in low spirits and disappointed in your affairs? Read wise advice through books by profound scholars and authors. Are you sad? Read subtle humorous stories of well-known humorists in the world. All your sorrows and disappointments will vanish at once.

In summary, good books help us train our personality. They help us distinguish the Good from the Bad and they lead us to the True, the Good and the Beautiful.

3. Tell about the pollution in our city and how to solve it

The pollution of air, water and land in our city with such pollutants as smoke, industrial and household waste is getting worse and worse. It has reached intolerable levels. The-amount of carbon monoxide (CO) of the air now far exceeds the accepted limit. As a result of this, the health of every citizen here is being jeopardized alarmingly.

To solve the problem of pollution I think the government should relocate the factories outside the city limits and penalize people for littering, especially for relieving themselves in the streets. I also think there should be stronger controls on vehicles emitting pollutants. Apart from these measures, the government should establish more factories to recycle garbage, which is probably the best way of disposing of household waste. Then the masses should be mobilized to tidy up their houses and the streets where they live, to grow trees and plants into forests to preserve their environment. Only then can the pollution be diminished.

4. What benefits can traveling bring to you?

To supplement what we learn from books and teachers, schools usually organize trips for students. Many students considered the planned trips as social outings designed for pleasure only. They don't realize all the knowledge and benefits they can derive from travel.

In reality these trips can bring about so many physical, social and mental benefits. Let's describe these benefits in details.

In some of our travels we have an opportunity to live amongst nature, to inhale clean air and fresh breeze. We also have opportunities to take long walks, to run, to jump and climb freely so that we can develop physically healthy bodies. On such trips our appetite improves and we sleep soundly.

In addition, we gain a lot of social and mental benefits from our trips. Travels and outings provide students with opportunities to be joyful and friendly, and so escape from everyday routines. They give us a chance to become better acquainted and socialize with others. From these contacts, we learn how to relate to people, exchange ideas and gain friends. Our trips provide us with association with nature, give us time to relax, meditate and to enjoy games out-of-doors (outdoors). Living with others in groups helps us (to) form good habits such as sharing consideration for others, resourcefulness and friendliness. Moreover, travels and outings will help to develop our knowledge and supplement what we learn from books and teachers. The lessons on Geography, History and Science will be more meaningful to us, enriched through true-to-life observations and experiences. Through travels we can also learn about our beautiful country, the historical relics, the places of interest, the rich resources of our country, the progress that has taken place and the improvements that need to be made. As a result, we turn to know and love our country more.

In conclusion, trips are usually beneficial to us. However, to gain the most from our outings we should learn to observe carefully and put in practice rules of good social behavior. We should also learn how to enjoy nature and respect its numerous beautiful offerings. If we keep in mind and practice (practise) all of the points involved in travelling successfully, we can benefit greatly from these experiences.

5. “What I do to maintain good friendship”?

a) Friendship is very important to everybody's life because it is hard to live without friend. However, people sometimes find it difficult to maintain a good friendship. For me, to keep a good friendship, people need to do some of the following things. First of all, we should be always faithful with our friends, even when we are poor or rich. Secondly, we should treat our friends well. We are ready to help them when they are in need or have any difficult problems. We should give them good advice in life and help them to become good people. Thirdly, Having a good friendship is to know how to share with our friends. We should share all happiness and sadness with our friends. Finally, we should not take advantages of our friends in any cases because if we do that, we will lose our belief from them. As a result, a good friendship will break down. To sum up, making friend is difficult and it is even more difficult to keep our friendship. Therefore, we should do some of the following things above to maintain our friendship.

b) We can't go through life without friendship. Friendship is one of the greatest pleasures that people can enjoy. So what should I do to maintain good friendship?

First, we should set great store by our friendship and treat our friends unprofitably. If our respect to a certain friend is for pecuniary purpose then our friendship will never last long.

Second, if we wish to retain our friends and keep the sacred lamp of friendship burning, we should be careful not interfere blatantly in our friends' activities or to ridicule their tastes, or to prevent their decisions or to indulge in perpetual comments on their proceedings.

Third, So we must forgive our friends for their mistakes. If we insist on forcing them to apologize for their wrong doing our friendship will sooner or later end up.

Fourth, we must be ready to help our friends when they are in need. "A friend in need is a friend indeed."

Fifth, we must treat our friends and their acquaintances with courtesy. We should not speak harsh words to them.

Sixth, in my opinion, the most important factors which enable us to keep our good friendship are sincerity and loyalty. These two essential factors help us keep our friendship stable and everlasting.

Blessed are those who know how to keep their friendship eternal. A good friend always shares our hardships, consoles and encourages us when we are in distress. Good friendship is therefore the noblest and the most sacred feeling in life.

6. What should the young people do to get himself/herself ready for the future?

Young people nowadays are very ambitious, because they want to succeed in life and earn a lot of money. However, it is a long way to the future so it requires young people to do a lot of things to get ready for the future.

First of all, a good health is necessary for all people; so young people must be healthy by doing exercise regularly, having a good diet and avoiding stress. Without health, young people cannot achieve any of their dreams. Secondly, it is clear that learning is the best way to reach the bright future, so young people should try their best in learning and spend much time on their study, so that they can accumulate much valuable knowledge both general and major knowledge. High education can help people have a good job with high salary easily. Furthermore, living in a modern life, young people have to be active so that they can adapt to fast life and high competition in society.

To sum up, being healthy, active, and highly educated are necessary qualities that young people should get themselves ready for the future.

7. Three immediate measures to solve the traffic problem in your city?

The number of vehicles in HCM City is increasing day by day and traffic problem become a very hot topic. In order to solve this issue, we need to carry out three following immediate measures.

First of all, there should be a clear traffic law propagandized(tuyên truyền) to every people. Pupils need to be taught at school how to obey the law on road. Moreover, traffic officers ought to strictly punish the violation. Secondly, the government should make a plan for public transportation such as developing and encouraging people to use buses. It will cut down the amount of motorbikes as well as make the traffic safer. Finally, the government also needs to build more highways, to enlarge streets and roads. This help reduce traffic jam and accidents. In summary, doing the above things are not simple thus everyone has to work together to improve the traffic in our city.

8. Overpopulation cause a lot of problems to social and economic development. Discuss and prove the problem.

The more the merrier. That is right but not for population. Overpopulation has caused lots of problems to social and economic developing.

First, for society, there are not enough good houses, schools, hospitals for everyone. Economic development can not keep pace with (theo kịp) population growth thus many people have to live in bad condition. They are jobless starving so they are easy to be involved in social evils(tệ nạn xã hội) when gap between rich and poor is larger. In addition, overpopulation also leads to environmental pollution (ô nhiễm môi trường), traffic problem and other issues that the government has to struggle.(đấu tranh phòng chống)

Moreover, economy can not develop quickly because of unstable society. The budget is shared to solve other problems caused by overpopulation. A large number of people are unemployment while companies lack of skillful workers. Economic policies are also difficult to be carried out. This is, in return, affect badly on social developmen

In conclusion, solving all of the problems take time and efforts. Hence, we need to consider overpopulation as a serious matter and take responsibility on this.

9. How to be successful in your English learning?

English is one of the most essential devices that everyone need in the morden society nowadays. So, what should learners of English do to be successful?

Firstly, the key factor to succeed for any language is hard working. Education can't be mastered overnight but it needs a process. Learners have to continually

enrich their knowledge of English. In order to do this, they are supposed to be very studious.

Secondly, learners must learn from many sources: from text books, in class, from teachers as well as from newspaper, the internet and with foreigners. Next, learners must combine theory and practice. They have to put their knowledge into the real situations. For example, they can speak to a foreigner that they meet on street, or they can use English to write letters, email or chat with friends on the internet.

In summary, except for people who are talented in learning English, succeed in learning English is not at all easy to obtain for everyone. So, we should try to learn English more and more.

10. It is hard to imagine people can live happily without friend

Many people have said that we cannot live without friends. I totally agree with this point of view. There are many reasons why I support this idea.

First of all, we do not live alone. As human being, we have a need in sharing our feeling both happiness or sadness. There is a saying that "sorrow shared is sorrow halved, and joy shared is joy double". This world and life will be nothing if we do not have any friends nearby. Secondly, friends can bring us joys and happiness. Friends also help and give us good advice when we meet difficulties or problems in life. With success. Therefore friends play an important role in our life, we cannot live without friends.

11. Why many young people don't like vietnamese films?

Nowadays, there is a fact that young people like watching Korean films, Chinese films and Hollywood films but VietNameese films is no. So what are the reasons?

Firstly, most of VietNameese films do not have good stories. The topics are mainly about the countryside, war, or daily life. It is very easy to predict what happens next in the film or the ending of the film. Stories should be more exciting.

Secondly, the acting is not attractive enough. Actors and actresses themselves are not skillful. Costumers are so simple and sometimes not suitable. Moreover, directors seem to be not good enough. This may be because of the shortage of money and investment.

In fact, there are still some good films such as “cánh đồng hoang”, “ngôi nhà hạnh phúc”, “cha dượng”..... However, Vietnamese film industry should try their best to produce more good films that will attract audience especially young people.

12. The good and the bad of using the computer

Computer is one of the most important inventions in the modern society. However, using computer has both good side and bad side.

Firstly, using computer does many good things for human life. By using computer, people can work faster and more precisely. Computer are used in many fields such as: education, banking finance, industry and even agriculture.

By using a computer people can store information; do calculation at a high speed extremely. In addition, computer helps reduce manual work because it can work automatically.

Furthermore, by using computer, people can relax with means of great entertainment such as: seeing films, or listening to music. In addition computer also help people in studying and doing research because we can search for any information on the internet. Moreover, communication among people all over the world is easy, convenient and effective.

However, working so much with a computer may be very harmful to our health, especially the eyes. Using a computer also takes a lot of time. Some people even get addicted to computer and spend days and nights on it. Next, it can be extremely harmful if one visits “dark websites” on the internet.

In conclusion, using computer brings us a lot of advantages. However, it needs a great caution to use it effectively for the best result in working, studying and entertaining.

13. Do young people today make good use of leisure time?

Người trẻ tuổi hôm nay sử dụng tốt thời gian thì giờ nhàn rỗi không?

Nowadays, young people do have much freetime. However, there is a fact that not all of them can make use of their leisure time.

There are many young people using their leisure time usefully. Some young people spend a lot of their freetime enrich their knowledge. They can get more

knowledge by reading books, searching information on the internet. Some even do part time job to earn some money and to get experience. Some others take part in social activities such as Green Summer Movement to help poor children. Many young people know to relax healthily in their freetime so that they can work or study better after that.

In contrast, yes, there are some young people wastes their freetime on harmful activities. Some of them spend days , nights at the coffee shops or internet shop on playing games online. Some others even take part in crazy activities such as racing or gambling or getting addicted to drugs. They not only damage their mental and physial healthy but also make parents, schools, and society worried about them

Youth does not last forever. Everyone, therefore, should make use every minute of their frree time.

14. Tell some of the advantages of living in the city

Nowadays, more and more people more to big cities with the hope to have a better life. There are many reasons why people choose to live in a big city. Obviously , living in a city provides people with many advantages.

First of all, life in a city is very busy, so this makes you be more active. Once, you are active you can keep up with the fast speed of city life, and you will find out that life is easier. Secondly, city life is very comfortable and convenient. Because you will find anything you want in a big city if you have enough money. In addition, service in a city is much better than in countryside. You are served whenever you require. Another good side of life a city is that you have various choices to study, because there are lots of good schools and universities here. Studying in a good school can help you to accumulate much valuable knowledge and be successful in the future.

To sum up, it obvious that city life offers a lot of advantages compared with those in the countryside.

15. Friends or families: which do you think have played more important part in your life?

It is impossible to decide which plays more important part in our life : friends or families. We all need them every time of life.

When we were young, we spent most of our time with our families. The family brought us up and contributed to build our personalities. It gives us basic step to enter the life. Of course, family at that time is most important to us. And then we went to school and started communicating with outside life. Friends are ones who share with us lessons of success and failure. Friends, especially, help us more mature and believe in ourselves. At this time, both family and friend are essential to our life. Family gives us love while friendship brings us strength to foster (nuôi dưỡng) this love.

Life will be meaningless if we lack one of our two vital elements: family and friends. We don't need to think what will be more important because both of them is invaluable.

FANPAGE CỦA KHOA NGOẠI NGỮ - TRƯỜNG ĐẠI HỌC CÔNG NGHIỆP TP.HCM (IUH).

<https://www.facebook.com/khoangoaingulUH>