

VIẾT ĐOẠN CÓ HOW TO -----

1. Write a paragraph (80 - 100 words) how to live healthy.

- have a logical diet (Eat a variety of foods from each of the five main food groups, **eat more fruits and vegetables**)
- do exercise every morning such as walking, riding bicycles...
- get enough sleep (go to bed and wake up at the same time every day, including on weekends)

2. Write a paragraph (80 - 100 words) How to study english effectively

- Immerse Yourself in the Language (Listen to English music, podcasts, and audiobooks; watch movies and TV shows with English subtitles)
- Focus on Speaking Practice (Mistakes are a natural part of the learning process)
- Build Your Vocabulary (**Learn new words regularly:** Use flashcards, apps, or online resources to expand your vocabulary)

3. Write a paragraph (80 - 100 words) how to avoid traffic jam.

- Plan Your Route and Travel Time (before you leave, use traffic apps (like Google Maps, Waze, or similar) to check real-time traffic conditions on your planned route)
- Stay Informed and Adapt (**Use Traffic Apps:** Keep an eye on traffic apps while you're driving to stay informed about any unexpected incidents or delays)
- Drive Responsibly (**Maintain a Safe Following Distance:** Keep a safe distance from the vehicle in front of you, especially during stop-and-go traffic)

4. Write a paragraph (80 - 100 words) how to save energy.

- **Turn off lights and appliances** (Make it a habit to switch off lights, computers, and other devices when you leave a room or are not using them)
- **Replace old light bulbs with LEDs** (LED bulbs use significantly less energy than traditional incandescent bulbs and last much longer).
- **Use natural light** (Open curtains and blinds during the day to take advantage of natural light and reduce the need for artificial lighting).

5. **Write a paragraph (80 - 100 words)** How to Have a Good Experience in Life.

- **Pursue your passions:** Engage in hobbies, interests, and activities that genuinely make you happy and fulfilled
- **Spend time with loved ones:** Prioritize quality time with family, friends, and partners.
- **Communicate effectively:** Ensure clear and concise messaging, and actively listen to feedback.