

Applying 'what-who-why' to two texts

TEXT A	TEXT B
<p>Fruit and vegetables are part of a balanced diet and can help us stay healthy. That's why it so important that we get enough of them.</p> <p>Five reasons to get five portions</p> <ul style="list-style-type: none"> • Fruit and vegetables taste delicious and there's so much variety to choose from. • They're a good source of vitamins and minerals, including folate, vitamin C and potassium. • They're an excellent source of dietary fibre, which helps maintain a healthy gut and prevent constipation and other digestion problems. A diet high in fibre can also reduce your risk of bowel cancer. • They can help reduce the risk of heart disease, stroke and some cancers. 	<p>My philosophy to food and healthy eating has always been about enjoying everything in a balanced, and sane way. Food is one of life's greatest joys yet we've reached this really sad point where we're turning food into the enemy, and something to be afraid of. I believe that when you use good ingredients to make pasta dishes, salads, stews, burgers, grilled vegetables, fruit salads, and even outrageous cakes, they all have a place in our diets. We just need to rediscover our common sense: if you want to curl up and eat macaroni and cheese every once in a while – that's alright! Just have a sensible portion next to a fresh salad, and don't eat a big old helping of chocolate cake afterwards.</p>
http://www.nhs.uk/Livewell/5ADAY/Pages/Why5ADAY.aspx	http://www.jamieoliver.com/philosophy