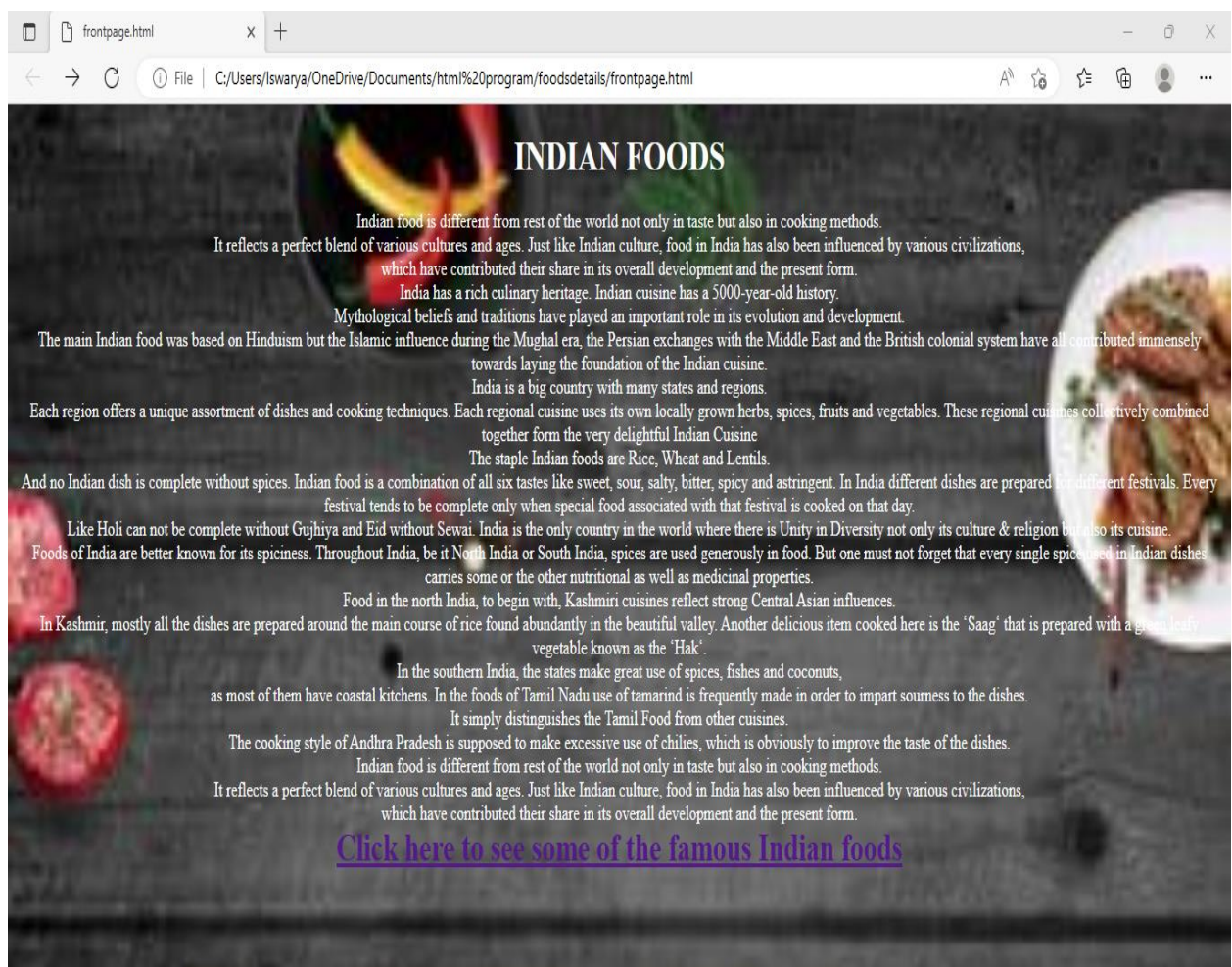


EXERCISE NO:2

WEB PAGE DESIGN

OUTPUT:

frontpage.html



foodsee(1).html

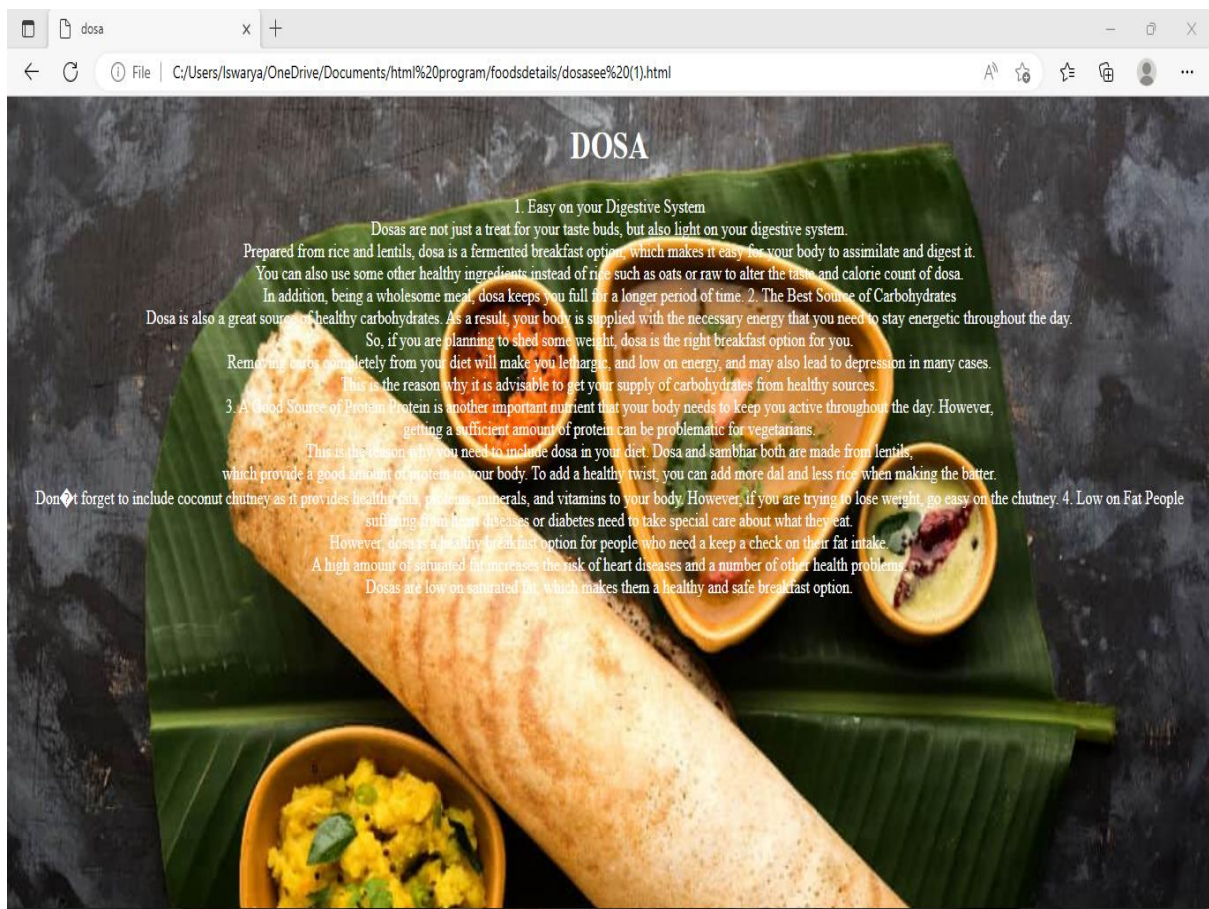


INDIAN FAMOUS FOODS



file:///C:/Users/Iswarya/OneDrive/Documents/html program/foodsdetails/idi.html

dosasee(1).html



DOSA

1. Easy on your Digestive System

Dosas are not just a treat for your taste buds, but also light on your digestive system. Prepared from rice and lentils, dosa is a fermented breakfast option, which makes it easy for your body to assimilate and digest it. You can also use some other healthy ingredients instead of rice such as oats or raw to alter the taste and calorie count of dosa.

In addition, being a wholesome meal, dosa keeps you full for a longer period of time. 2. The Best Source of Carbohydrates

Dosa is also a great source of healthy carbohydrates. As a result, your body is supplied with the necessary energy that you need to stay energetic throughout the day.

So, if you are planning to shed some weight, dosa is the right breakfast option for you.

Remaining carbs completely from your diet will make you lethargic, and low on energy, and may also lead to depression in many cases.

This is the reason why it is advisable to get your supply of carbohydrates from healthy sources.

3. A Good Source of Protein

Protein is another important nutrient that your body needs to keep you active throughout the day. However, getting a sufficient amount of protein can be problematic for vegetarians.

This is the reason why you need to include dosa in your diet. Dosa and sambhar both are made from lentils, which provide a good amount of protein to your body. To add a healthy twist, you can add more dal and less rice when making the batter.

Don't forget to include coconut chutney as it provides healthy fats, proteins, minerals, and vitamins to your body. However, if you are trying to lose weight, go easy on the chutney. 4. Low on Fat

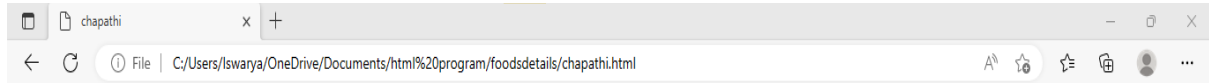
People suffering from heart diseases or diabetes need to take special care about what they eat.

However, dosa is a healthy breakfast option for people who need to keep a check on their fat intake.

A high amount of saturated fat increases the risk of heart diseases and a number of other health problems.

Dosas are low on saturated fat, which makes them a healthy and safe breakfast option.

Chapathi.html



chapathi



Chapati is a form of Indian flat bread that is common across the continent where it is also referred to as chapathi or chapatti.

Variations are also found across Africa and in China. A chapati is a form of roti — or bread — and it is often referred to as such.

Chapatis in particular, however, differ from other flat breads encompassed by the term roti in that they must only be made from whole wheat

Similar breads to chapatis exist in the form of roti variations.

Some variations include missi roti, where two or more flour types are combined to form the dough, and bajira roti, which uses pearl millet in lieu of flour.

The oven-baked tandoori roti is identical to a chapati with the exception of the cooking method.

Wheat chapatis contain a good amount of dietary fibre that is extremely beneficial if you're always constipated or have problems emptying your bowels.

IBS patients are suggested to eat wheat chapatis every day when they have constipation as the fibre content in chapatis can help the stool pass easily.

Consuming chapatis every day can help you improve your overall digestion and reduce acidity too.

Rich in Iron

Anaemia is a common problem these days and doctors keep prescribing iron medicines to treat it.

But what if I told you that you can get your daily iron requirement fulfilled from your meals? Studies explain that eating wheat chapatis are rich in iron.

You can also add some fenugreek leaves, spinach paste to your wheat chapati dough to make it richer in iron. Try out various iron-rich wheat chapati recipes.

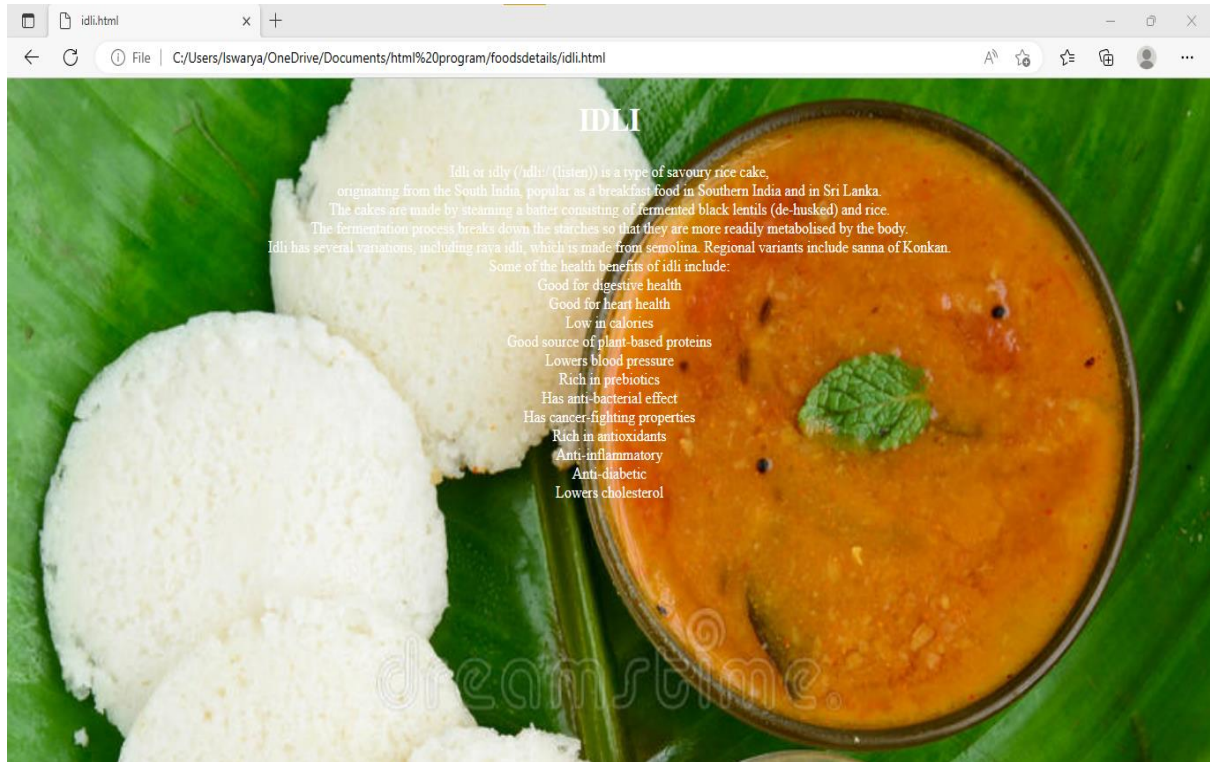
Rich in Protein

Wheat chapatis or whole wheat chapatis contain a decent quantity of protein. Consuming 4 chapatis can give you 12% of your daily protein intake.

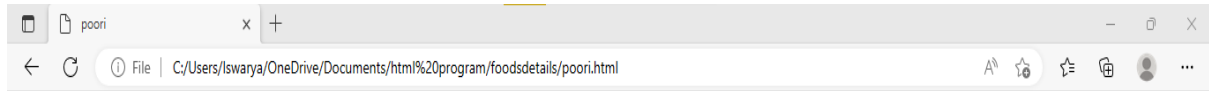
You may add curd, paneer or some protein-rich gravy to the wheat dough to increase the protein amount.

Wheat chapatis can be healthier than rice as they have good amounts of protein as well as healthy carbs.

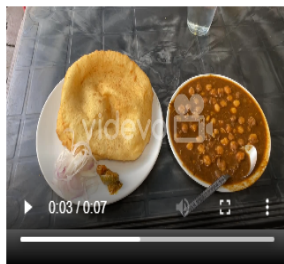
idli.html



Poori.html



poori



Puri (sometimes spelled as poori) is a deep-fried bread made from unleavened whole-wheat flour that originated in the Indian subcontinent. It is eaten for breakfast or as a snack or light meal. It is usually served with a savory curry or bhaji, as in puri bhaji, but may also be eaten with sweet dishes.

Puris are most commonly served as breakfast and snacks.

It is also served at special or ceremonial functions as part of ceremonial rituals along with other vegetarian food offered in Hindu prayer as prasadam.

As a vegetarian snack, it contains substances that are good for health, including:

Vitamin B1: Vitamin B1 protects nerves, helps in sugar digestion, avoids heart maladies and helps produce red platelets.

Phosphorous: Phosphorous works intimately with calcium to fabricate bones.

Fiber: Dietary fiber lessen the danger of coronary illness, counteract the spike in glucose levels and thus super for diabetics. Devour more organic products, vegetables, moong, oats, matki, entire grains.

Vitamin C: Vitamin C is extraordinary protection against cough and colds.

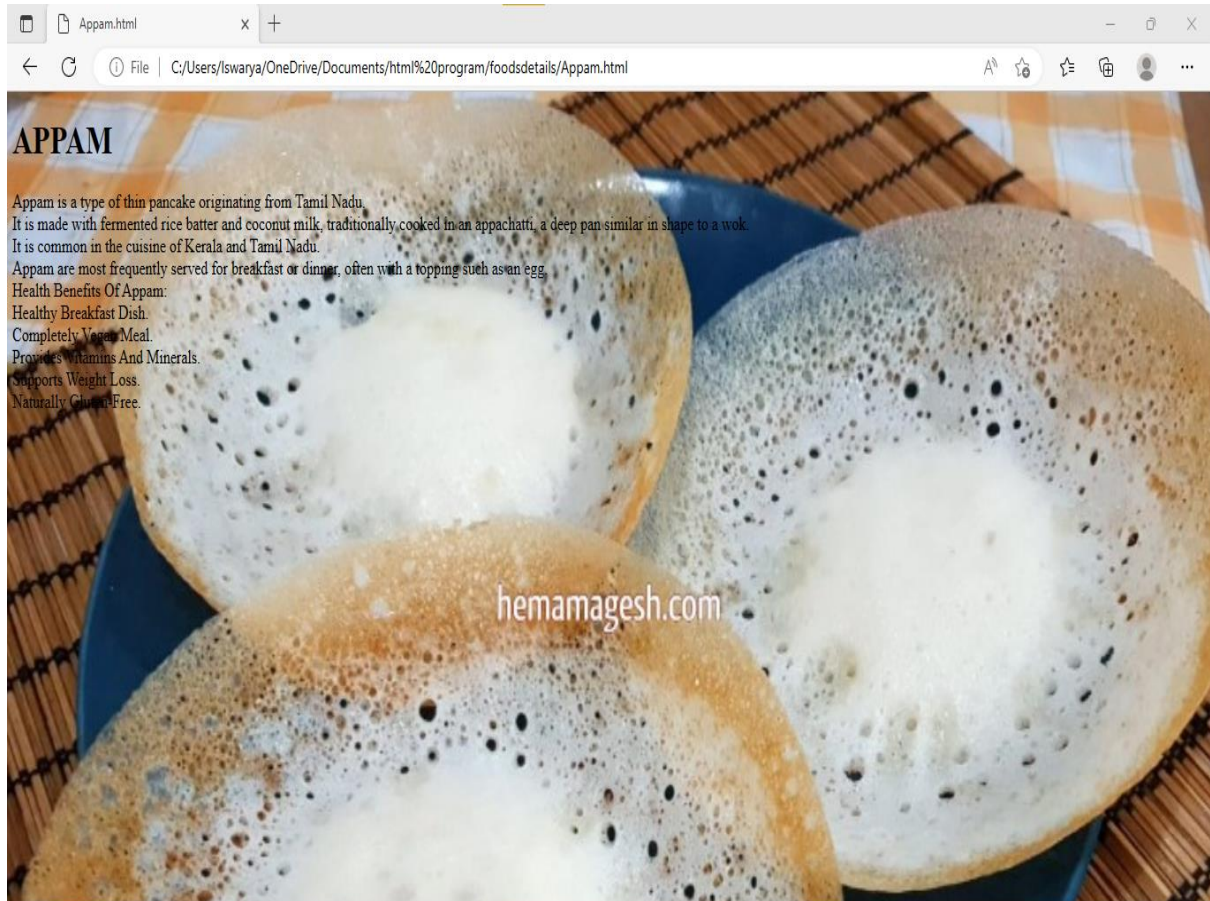
Vitamin B3 (niacin): Vitamin B3 helps in cerebrum working and emotional well-being. Likewise sound skin arrangement

. Folic Acid: Folic acid is a fundamental nutrient required all through pregnancy.

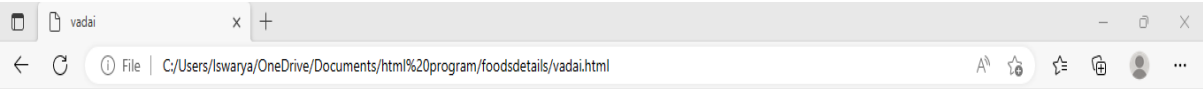
Zinc: Zinc is engaged with collagen union and this enables fix to skin and helps construct insusceptibility.

Magnesium: Magnesium is required for the development of bones and teeth. helps in the digestion of calcium and potassium

Appam.html



Vadai.html



vadai



Vadai is a South Indian savoury snack made from soaked or fermented pulses moulded into balls or a doughnut shape and then deep fried. c The resulting snack is soft on the inside and crispy on the outside

Vadai can be made from different types of pulses such as chana dhal (split chickpeas), toor dhal (yellow pigeon peas) and urad dhal (black gram). The pulses are first washed and soaked in water for around four hours or allowed to ferment overnight. The softened or fermented pulses are then pounded into a fine paste. Spicy and savoury ingredients such as onions, green chillies, cumin seeds, curry leaves and salt are later added to the mixture. 4 At times, a prawn is also added to the batter.

Traditionally, the batter is placed on a banana leaf, which acts like a mould for shaping it into a ball. Alternatively, it is given a doughnut shape. The batter is then deep fried in oil until it turns brown.

Singaporeans eat vadai with green chilli, a practice that probably evolved from the local Chinese community. However, in India, this is a rare practice, as the Indian variety of green chilli is too spicy to be eaten whole.

In Singapore, the doughnut-shaped version is also usually eaten with coconut chutney.

Among the Hindu community, vadai is not only an everyday snack but also used as a food offering to the gods and eaten during important festivals such as Deepavali.

Dahi vadai, also known as curd vadai, is a version that is served in dahi (plain yoghurt) and popular for its cooling effect.

Green chillies, cumin and mustard seeds are often added to the yoghurt for extra flavour.

Masala vadai is made from a blend of various lentils and has added ingredients such as chopped spinach, shredded cabbage or marinated shrimp.

Sambar vadai is a version that is popular in New Delhi, India.

It features vadai that is served in a hot sambar (Indian vegetable stew) with coconut chutney as an accompaniment.

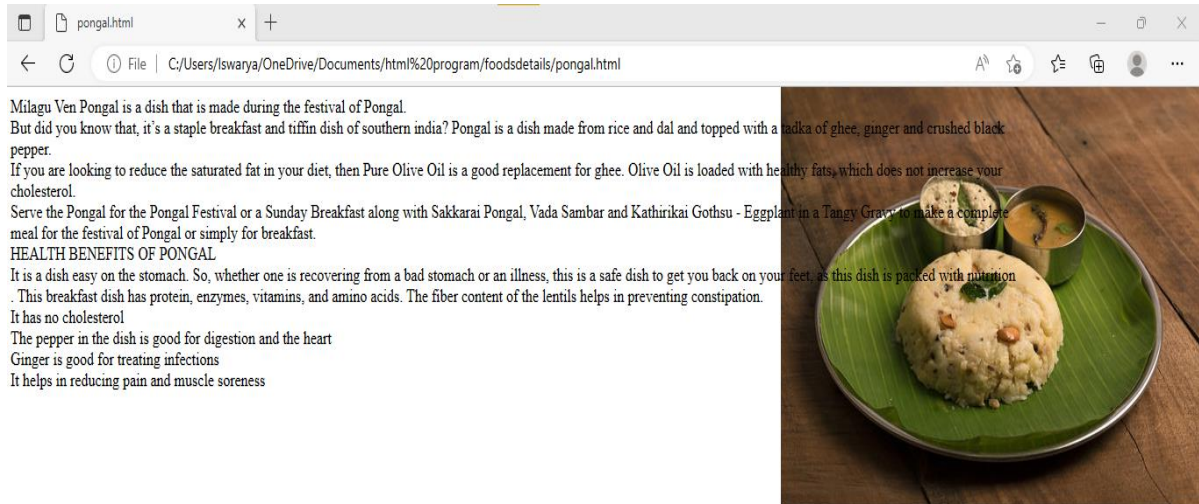
In Singapore, two varieties of vadai are commonly sold.

One is made from soaked lentils that have been pressed into a ball shape and then deep fried.

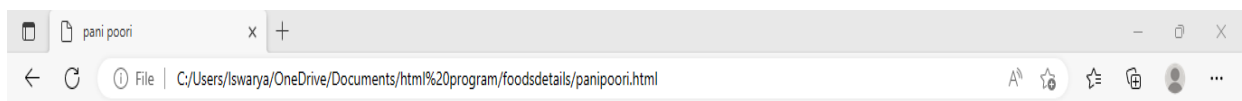
The other version is made from a batter of fermented lentils that is moulded into a doughnut shape before deep frying.

There are also various versions of vadai that have been created using Chinese-influenced ingredients such as ginger, coriander leaves and seafood stock.

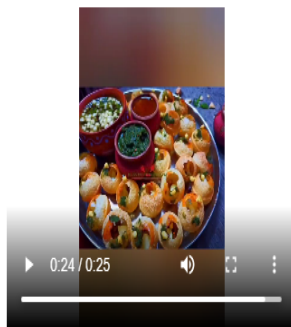
pongal.html



panipoori.html



pani poori



Pani Literally translates to water and here the Puris are fried puffed crisp dough balls which are hollow.

Generally, the water or pani is sour, tangy as well as spicy. This spicy pani is balanced with the addition of sweet tamarind chutney.

This sweet chutney is called as Meetha (which means sweet) Pani.

The spicy water is called as Teekha (which means spicy) Pani. Both are added in the puri along with the main filling which consists of boiled potatoes, cooked chickpeas, moong sprouts or a thick dry curry made from white peas which is called as Ragda.

Panipuri consists of a round hollow puri (a deep-fried crisp flatbread), filled with a mixture of flavored water (known as imli pani), tamarind chutney, chili powder, chaat masala, potato mash, onion, or chickpeas.

Fuchka (or fuska or puska) differs from panipuri in content and taste. It uses spiced mashed potatoes as the filling. It is tangy rather than sweetish while the water is sour and spicy.