

FOOD & EATING

(INLINE CSS AND JAVASCRIPT)

```
<!DOCTYPE html>

<html>

<script src="https://ajax.googleapis.com/ajax/libs/jquery/3.5.1/jquery.min.js"></script>

<script>

$(document).ready(function(){

$("#flip").click(function(){

$("#panel").slideToggle("slow");

});

});

</script>

<style>

.topnav {

  overflow: hidden;

  background-color: #333;

}

.topnav a {

  float: left;

  display: block;

  color: #f2f2f2;

  width: 154px;

  text-align: center;

  padding: 14px 16px;

  text-decoration: none;

  font-size: 17px;
```

```
}  
.topnav a:hover {  
  background-color: #ddd;  
  color: black;  
}  
.topnav a.active {  
  background-color: #1E90FF;  
  color: white;  
}  
.topnav .icon {  
  display: none;  
}  
#panel, #flip {  
  padding: 5px;  
  text-align: center;  
  background-color: #e5eccc;  
  border: solid 1px #c3c3c3;  
}  
#panel {  
  padding: 50px;  
  display: none;  
}  
.under {  
  width: 100%;  
  background-image: url("food.jpg");  
  repeat: none;  
  height: 310px;  
  background-color: #3C77D4;
```

```

}

.over{
    background-color: #1E90FF;
    width: 50%;
    height: 150px;
    display: inline-block;
    margin: 0 23px;
    margin-top: -80px;
    margin-left: 350px;
    text-align: center;
    color: white;
}

.new{
    color:black;
    text-align: center;}

</style>

<body>

<div id="flip">TIPS FOR EVERYDAY HEALTH</div>

<div id="panel">"Eat Plenty of Fruits and Vegetables"</div>

<div class="topnav" id="myTopnav">

    <a href="D:\Term-3\INT303 (Web system and Technology)\web\fitness.html" >Health Topics</a>

    <a href="D:\Term-3\INT303 (Web system and Technology)\web\wellness.html">Wellness</a>

    <a href="D:\Term-3\INT303 (Web system and Technology)\web\food&eating.html" class="active">Food & Eating</a>

    <a href="D:\Term-3\INT303 (Web system and Technology)\web\drugs.html">Drugs </a>

    <a href="D:\Term-3\INT303 (Web system and Technology)\web\newsletter.html">Newsletters</a>

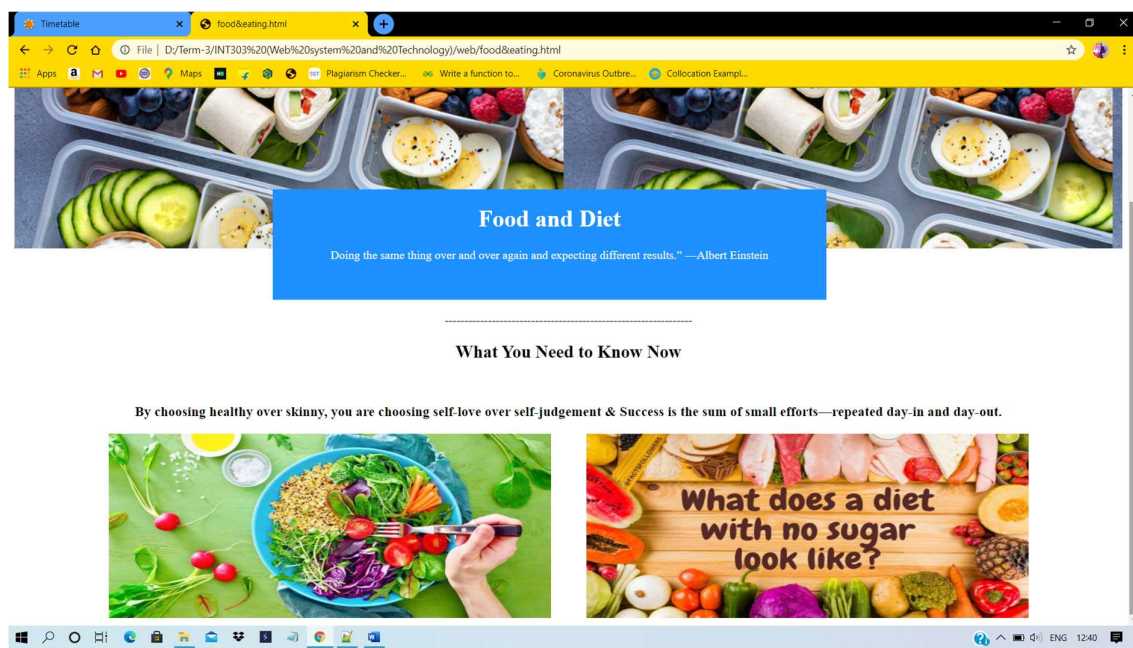
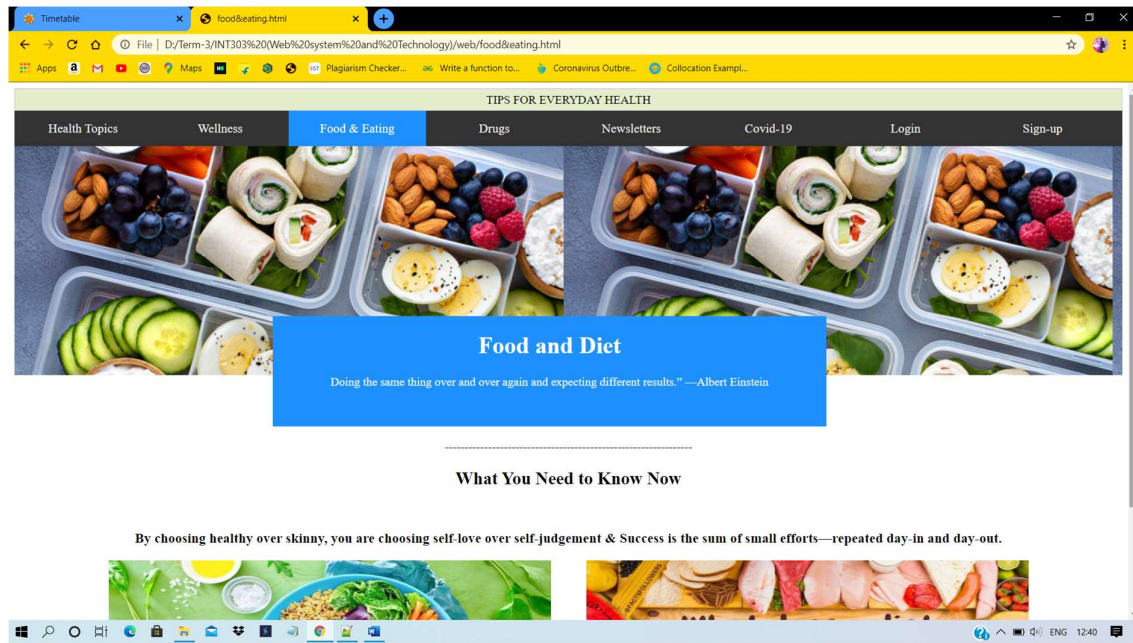
    <a href="D:\Term-3\INT303 (Web system and Technology)\web\covid.html">Covid-19</a>

    <a href="D:\Term-3\INT303 (Web system and Technology)\web\sociallogin.html">Login</a>

```

[illegible]

OUTPUT



CONTINUE IN DRUGS PAGE...