

```
1 import 'package:flutter/material.dart';
2
3 void main() => runApp(MyApp());
4
5 class MyApp extends StatelessWidget {
6   @override
7   Widget build(BuildContext context) {
8     return MaterialApp(
9       debugShowCheckedModeBanner: false,
10      title: 'Food Recipes',
11      theme: ThemeData(
12        primarySwatch: Colors.blue,
13      ),
14      home: RecipeListScreen(),
15    );
16  }
17 }
18
19 class RecipeListScreen extends StatefulWidget {
20   @override
21   _RecipeListScreenState createState() =>
22     _RecipeListScreenState();
23 }
24
25 class _RecipeListScreenState extends State<
26   RecipeListScreen> {
27   ScrollPhysics _scrollPhysics =
28     BouncingScrollPhysics();
29   int _currentIndex = 0;
30
31   void _changeScrollPhysics(ScrollPhysics physics) {
32     setState(() {
33       _scrollPhysics = physics;
34     });
35   }
36
37   void _onTabTapped(int index) {
38     setState(() {
39       _currentIndex = index;
40       switch (index) {
41         case 0:
```

```
39         _changeScrollPhysics(BouncingScrollPhysics
40         ());
41         break;
42         case 1:
43             _changeScrollPhysics(ClampingScrollPhysics
44             ());
45             break;
46             case 2:
47                 _changeScrollPhysics(
48                 NeverScrollableScrollPhysics());
49                 break;
50                 case 3:
51                     _changeScrollPhysics(
52                     AlwaysScrollableScrollPhysics());
53                     break;
54                     case 4:
55                         _changeScrollPhysics(
56                         FixedExtentScrollPhysics());
57                         break;
58                     }
59                 });
60             }
61
62     @override
63     Widget build(BuildContext context) {
64         return Scaffold(
65             appBar: AppBar(
66                 title: Text('Food Recipes'),
67             ),
68             body: ListView.builder(
69                 physics: _scrollPhysics,
70                 itemCount: recipes.length,
71                 itemBuilder: (ctx, index) {
72                     return ListTile(
73                         title: Text(recipes[index]),
74                     );
75                 },
76             ),
77             bottomNavigationBar: BottomNavigationBar(
78                 items: [
```

```
75     BottomNavigationBarItem(  
76         icon: Icon(Icons.vertical_align_top),  
77         label: 'Bouncing',  
78     ),  
79     BottomNavigationBarItem(  
80         icon: Icon(Icons.vertical_align_bottom),  
81         label: 'Clamping',  
82     ),  
83     BottomNavigationBarItem(  
84         icon: Icon(Icons.all_inclusive),  
85         label: 'NeverScroll',  
86     ),  
87     BottomNavigationBarItem(  
88         icon: Icon(Icons.all_inclusive_outlined  
89     ),  
90         label: 'AlwaysScroll',  
91     ),  
92     BottomNavigationBarItem(  
93         icon: Icon(Icons.all_inclusive),  
94         label: 'FixedExtent',  
95     ),  
96     ],  
97     currentIndex: _currentIndex,  
98     onTap: _onTabTapped,  
99     type: BottomNavigationBarType.fixed,  
100 );  
101 }  
102 }  
103  
104 List<String> recipes = [  
105     'Pasta',  
106     'Pizza',  
107     'Burger',  
108     'Sushi',  
109     'Salad',  
110     'Curry',  
111     'Tacos',  
112     'Steak',  
113     'Pancakes',  
114     'Ice Cream',
```

```
115   'Chicken Parmesan',  
116   'Ramen',  
117   'Lasagna',  
118   'Shrimp Scampi',  
119   'Fajitas',  
120   'Fish and Chips',  
121   'Omelette',  
122   'Chili',  
123   'Shepherd\'s Pie',  
124   'Chocolate Cake',  
125 ];  
126  
127
```









