第一步，改变html和body的高度为
200%

第二步，更改header与footer的 position为fixed

第三步，更改 id为image-background的background-size为 contain。
并且去掉background里的no-repeat

第四步，新建两个section，分别给予food和pretty的id。
尝试调整他们的高度，让其居中并且纵向排列

新建一个文件 名字_bootstrap.html
添加如下代码到head
```html
<link href="https://cdn.bootcss.com/bootstrap/4.0.0/css/bootstrap.min.css" rel="stylesheet">
```

了解grid系统，为了方便观察，在head里面添加
```html
<style>
   div {
      border: 2px solid black;
   }

   section {
      margin-top: 10px;
   }
</style>
```

好了，在body里面添加如下代码
体会grid系统的基本用法

```html
<section id="equal-width" class="container">
  <div class="row">
    <div class="col">
      1 of 2
    </div>
    <div class="col">
      2 of 2
    </div>
  </div>
  <div class="row">
    <div class="col">
      1 of 3
    </div>
    <div class="col">
      2 of 3
    </div>
    <div class="col">
      3 of 3
    </div>
  </div>
</section>
```

尝试如下代码

```html
<section id="equal-width-multi-row" class="container">
  <div class="row">
    <div class="col">Column</div>
    <div class="col">Column</div>
    <div class="w-100"></div>
    <div class="col">Column</div>
    <div class="col">Column</div>
  </div>
</section>
```

水平居中的方式，尝试如下代码

```html
<section id="variable-width-content" class="container">
    <div class="row justify-content-md-center">
        <div class="col col-lg-2">
            1 of 3
        </div>
        <div class="col-md-auto">
            Variable width content
        </div>
        <div class="col col-lg-2">
            3 of 3
        </div>
    </div>
    <div class="row">
        <div class="col">
            1 of 3
        </div>
        <div class="col-md-auto">
            Variable width content
        </div>
        <div class="col col-lg-2">
            3 of 3
        </div>
    </div>
</section>
```

组件的概念

```html
<section id="buttons" class="container">
    <div class="row justify-content-md-center">
        <button type="button" class="btn btn-primary">Primary</button>
        <button type="button" class="btn btn-secondary">Secondary</button>
        <button type="button" class="btn btn-success">Success</button>
        <button type="button" class="btn btn-danger">Danger</button>
        <button type="button" class="btn btn-warning">Warning</button>
        <button type="button" class="btn btn-info">Info</button>
        <button type="button" class="btn btn-light">Light</button>
        <button type="button" class="btn btn-dark">Dark</button>
        <button type="button" class="btn btn-link">Link</button>
    </div>
</section>
```

学习垂直布局的调整与如何把内容居中

```html
<section id="center-content" class="container">
    <div class="row align-items-start justify-content-md-center" style="height: 100px">
        <div>
            One of three columns
        </div>
        <div>
            One of three columns
        </div>
        <div>
            One of three columns
        </div>
    </div>
    <div class="row align-items-center" style="height: 100px">
        <div class="col-4" style="margin: auto">
            <div class="col" style="margin: auto">
                One of three columns
            </div>
            <div class="col" style="margin: auto">
                One of three columns
            </div>
            <div class="col" style="margin: auto">
                One of three columns
            </div>
        </div>
    </div>
    <div class="row align-items-end" style="height: 100px">
        <div class="col">
            One of three columns
        </div>
        <div class="col">
            One of three columns
        </div>
        <div class="col">
            One of three columns
        </div>
    </div>
</section>
```