```xml
<?xml version="1.0" encoding="UTF-8"?>
<!DOCTYPE html PUBLIC "-//W3C//DTD XHTML 1.0 Strict//EN"
"http://www.w3.org/TR/xhtml1/DTD/xhtml1-strict.dtd">
<html xmlns="http://www.w3.org/1999/xhtml" lang="en" xml:lang="en">
<head>
 <meta http-equiv="Content-Type" content="text/html; charset=UTF-8" />
 <title>Simple XHTML Example</title>
</head>
<body>
 <h1>This is a Heading</h1>
 <p>This is a paragraph of text in the XHTML document.</p>
 <ul>
   <li>clownfish</li>
   <li>angelfish</li>
    </ul>
</body>
</html>
```