

# SCS1311 Internet and Web Technologies

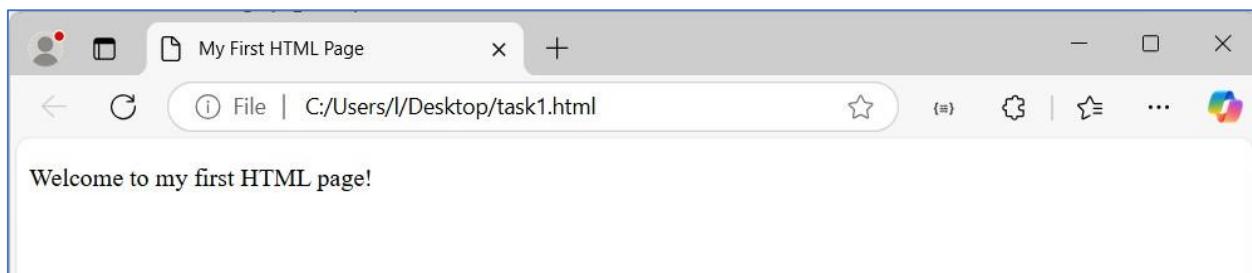
## Practical Sheet 02

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### Task 1: Create a Simple HTML Page

1. Open a text editor of your choice (e.g., Notepad, Visual Studio Code).
2. Save a new file as `basic.html`.
3. Write the basic structure of an HTML document. Include the following:
  - Use the `<html>` tag to define the document.
  - Add a `<head>` section with a `<title>` of your choice.
  - Use the `<body>` section to display content on the webpage.

Your expected output will look like the image below.



### Task 2: Add Paragraphs and Line Breaks

1. Extend your `basic.html` file.
2. Add two or more paragraphs using the `<p>` tag.
3. Use the `<br>` tag to insert a line break within a paragraph.
4. Write a short introduction about yourself using two paragraphs and at least one line break.

Your expected output will look like the image below.

This is the first paragraph. HTML is fun!

This is the second paragraph.  
It has a line break in the middle.

### Task 3: Experiment with Nested Tags

1. Create a new `<p>` tag inside the `<body>`.
2. Add a combination of text and HTML elements like `<br>` within the paragraph.

Your expected output will look like the image below.

```
My favorite movies include:  
- Inception  
- The Shawshank Redemption  
- The Dark Knight  
- Interstellar  
- Forrest Gump
```

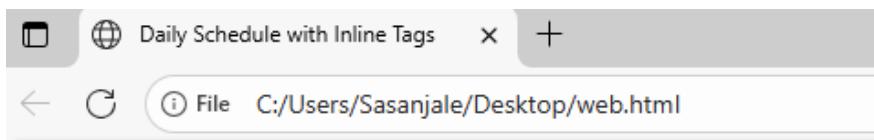
### Task 4: Add Comments to Your Code

1. Learn to use comments in your HTML file. Comments do not appear on the webpage but help in understanding the code.
2. Add a comment before each section of your HTML file.

Add comments explaining each part of your HTML document created in task 3 with following syntax.

```
<!-- This is the heading section -->  
<head>  
    <title>My First HTML Page</title>  
</head>
```

## Task 5: Create the Following HTML Page



# My Daily Schedule

## Morning Routine

**Wake up:** 6:00 AM

Exercise for 30 minutes (*burn ~300 kcal*)

Have coffee: 1 cup (~80 mg caffeine<sub>daily</sub>)

Take vitamins: Vitamin C 500 mg<sub>tablet</sub>

Remember to stretch before exercising

## Work/Study

Start work at 9:00 AM

Attend team meeting at 11:00 AM

Write report: Word count ~1500<sup>words</sup>

Send emails: Follow up on 5<sup>th</sup> project task

Use proper subject lines in emails

## Afternoon

Lunch at 1:00 PM: 1 serving (~600 kcal)

Check blood sugar: 120 mg/dL<sub>fasting</sub>

Quick nap for 15 minutes

Keep nap short to avoid grogginess

## Evening

Go for a walk: 3 km (~4000 steps)

Read a book: Chapter 2

Cook dinner with family

Hydrate: Drink 2 L water