SPRINT - 1

DATE	29 October 2022
Team ID	PNT2022TMID50156
Project Name	Project- Nutrition assistant application

CODE :
app.py

```python
from turtle import st
from flask import Flask, render_template, request, redirect, url_for, session
from markupsafe import escape

import ibm_db
conn = ibm_db.connect("DATABASE=bludb;HOSTNAME=815fa4db-dc03-4c70-869a-a9cc13f33084.bs2io90l08kqb1od8lcg.databases.appdomain.cloud;PORT=30367;SECURITY=SSL;SSLServerCertificate=DigiCertGlobalRootCA.crt;UID=nbs99713;PWD=s5OJXqYIOlMIkOIy","","")

app = Flask(__name__)


@app.route("/")
def index():
    return render_template("index.html")

@app.route("/home")
def home():
    return render_template("home.html")

@app.route("/about")
def about():
    return render_template("about.html")

@app.route("/login")
```

```python
def login():
    return render_template("login.html")

@app.route("/bmi")
def bmi():
    return render_template("bmi.html")

@app.route("/user")
def user():
    return render_template("user.html")

@app.route('/addrec',methods = ['POST', 'GET'])
def addrec():
 if request.method == 'POST':

    uname = request.form['uname']
    uemail = request.form['uemail']
    upassword = request.form['upassword']
    conpassword= request.form['conpassword']

    sql = "SELECT * FROM useer WHERE name =?"
    stmt = ibm_db.prepare(conn, sql)
    ibm_db.bind_param(stmt,1,uname)
    ibm_db.execute(stmt)
    account = ibm_db.fetch_assoc(stmt)

    if account:
      return render_template('user.html', msg="You are already a
member, please login using your details")
    else:
      insert_sql = "INSERT INTO user VALUES (?,?,?,?)"
      prep_stmt = ibm_db.prepare(conn, insert_sql)
      ibm_db.bind_param(prep_stmt, 1, uname)
      ibm_db.bind_param(prep_stmt, 2, uemail)
      ibm_db.bind_param(prep_stmt, 3, upassword)
      ibm_db.bind_param(prep_stmt, 4, conpassword)
      ibm_db.execute(prep_stmt)

    return render_template('home.html', msg=" user Data saved
successfuly..")
```

```python
@app.route('/user')
def user():
  user = []
  sql = "SELECT * FROM user"
  stmt = ibm_db.exec_immediate(conn, sql)
  dictionary = ibm_db.fetch_both(stmt)
  while dictionary != False:
    # print ("The Name is : ",  dictionary)
    user.append(dictionary)
    dictionary = ibm_db.fetch_both(stmt)

  if user:
    return render_template("user.html", user = user)

@app.route('/delete/<name>')
def delete(name):
  sql = f"SELECT * FROM user WHERE name='{escape(name)}'"
  print(sql)
  stmt = ibm_db.exec_immediate(conn, sql)
  user = ibm_db.fetch_row(stmt)
  print ("The Name is : ",  user)
  if user:
    sql = f"DELETE FROM user WHERE name='{escape(name)}'"
    print(sql)
    stmt = ibm_db.exec_immediate(conn, sql)

    user = []
    sql = "SELECT * FROM user"
    stmt = ibm_db.exec_immediate(conn, sql)
    dictionary = ibm_db.fetch_both(stmt)
    while dictionary != False:
      user.append(dictionary)
      dictionary = ibm_db.fetch_both(stmt)
    if user:
      return render_template("user.html", user = user, msg="Delete
successfully")
      return "success..."

if __name__ == "__main__":
```

```
        app.run(debug=True)
```

Index.html

```html
<!DOCTYPE html>
 <html>
 <head>
        <meta charset="utf-8">
        <meta name="viewport" content="width=device-width, initial-
 scale=1">
        <title>nutrition</title>
      <link rel="stylesheet"
 href="{{url_for('static',filename='css/style.css')}}">
        <script src="https://use.fontawesome.com/47d72d0777.js">


        </script>

 </head>
 <body>
 <header class="menu">
        <p>Nutrition &nbsp Assistant</p>
        <nav class="nav">
      <ul>
        <li><a href="/home">HOME</a></li>
        <li><a href="/about">ABOUT</a></li>
        <li><a href="/user">LOGIN</a></li>
              <li><a href="/bmi">BMI</a></li>
              <li><a href="/bg">DIET PLAN</a></li>

      </ul>

 </nav></header>

 <div class="img">
        <img src="{{url_for('static',filename='images/nutri.jpg')}}">
 </div>
 <div class="footer">
 <ul>
      <li><a href="/home">HOME</a></li>
      <li><a href="/about">ABOUT</a></li>
      <li><a href="/user">LOGIN</a></li>
  </ul>
      <p> &copy; 2022|Designed by VSUT</p>
```

```html
    <p><a href="https://help.instagram.com/1094643983940381"><i
class="fa fa-instagram" aria-hidden="true"></i></a></p>
    <p><a href="https://twitter.com/login"><i class="fa fa-twitter-square"
aria-hidden="true"></i></a></p>
    <p><a
href="https://www.google.com/account/about/?hl=en&utm_source=google
-account&utm_medium=web"><i class="fa fa-envelope" aria-
hidden="true"></i></a></p>
</div>
</body>
</html>
```

Home.html:

```html
<!DOCTYPE html>
<html>
    <head>
    <meta charset="utf-8">
        <meta name="viewport" content="width=device-width, initial-
scale=1">
    <link rel="stylesheet"
href="{{url_for('static',filename='css/home.css')}}">
    </head>
    <script>
        window.watsonAssistantChatOptions = {
        integrationID: "8459266a-522b-4340-9ede-c4bfde0f36bf", // The ID
of this integration.
        region: "eu-gb", // The region your integration is hosted in.
        serviceInstanceID: "0077e8b2-9162-48fe-bd46-502637599914", //
The ID of your service instance.
        onLoad: function(instance) { instance.render(); }
        };
        setTimeout(function(){
        const t=document.createElement('script');
        t.src="https://web-
chat.global.assistant.watson.appdomain.cloud/versions/" +
(window.watsonAssistantChatOptions.clientVersion || 'latest') +
"/WatsonAssistantChatEntry.js";
        document.head.appendChild(t);
        });
    </script>

    <body >
        <body
background="{{url_for('static',filename='images/home2.jpg')}}">
        <h1>NUTRITION </h1>
```

```html
    <P><b>Nutrition is the biochemical and physiological process by
which an organism uses food to support its life. It provides organisms with
nutrients, which can be metabolized to create energy and chemical
structures. Failure to obtain sufficient nutrients causes malnutrition.
Nutritional science is the study of nutrition, though it typically emphasizes
human nutrition.The type of organism determines what nutrients it needs
and how it obtains them. Organisms obtain nutrients by consuming
organic matter, consuming inorganic matter, absorbing light, or some
combination of these. Some can produce nutrients internally by
consuming basic elements, while some must consume other organisms to
obtain preexisting nutrients. All forms of life require carbon, energy, and
water as well as various other molecules. Animals require complex
nutrients such as carbohydrates, lipids, and proteins, obtaining them by
consuming other organisms. Humans have developed agriculture and
cooking to replace foraging and advance human nutrition. Plants acquire
nutrients through soil and the atmosphere. Fungi absorb nutrients around
them by breaking them down and absorbing them through the
mycelium.</b>  </P>
        <div class="img">
        <img src="{{url_for('static',filename='images/home1.jpg')}}">
</div>
<div class="note">
<h2>NUTRITION FACTS</h2>
<ol>
    <li>Added Sugar Is a Disaster</li>
    <li> Omega-3 Fats Are Crucial and Most People Don't Get Enough</li>
    <li>There Is No Perfect Diet for Everyone</li>
    <li>Artificial Trans Fats Are Very Unhealthy</li>
    <li>decrease obesity</li>

</ol>
</div>
</div>
 </body>

</html>
```

Login.html:

```html
<!DOCTYPE html>
<html>
<head>
<title>nutrition</title>
<link rel="stylesheet"  href="{{url_for('static',filename='css/login.css')}}">
</head>
<body>
```

```html
    <body background="{{url_for('static',filename='images/black.jpg')}}">


  <div class="header">

  <form>
  <label> ENTER EMAIL </label>  <input type="email" required><br><br>
  <label> CONFIRM EMAIL </label> <input type="email"
  required><br><br>
  <label> COUNTRIES </label>
  <select>
  <option name="COUNTRIES" value="INDIA" >INDIA</option>
  <option name="COUNTRIES" value="USA" >USA</option>
  <option name="COUNTRIES" value="UK" >UK</option>
  <option name="COUNTRIES" value="JAPAN" >JAPAN</option>
  </select>

  <br><br>

  <label> ENTER PASSWORD </label><input type="password" required>
  <br> <br>
  <label> CONFIRM PASSWORD </label><input type="password"
  required> <br>
  <h4><input type="checkbox" name="conditions"  value="terms"
  class="signup">
  yes,i agree  to all the terms given by this website.</h4>

  <button type="submit">sign in</button>

  <br><br>
  </form>

  </div>
  </body>
  </html>
```

Read.html:

```html
<!DOCTYPE html>
<html>
   <head>
   <meta charset="utf-8">
      <meta name="viewport" content="width=device-width, initial-
scale=1">
```

```html
<link rel="stylesheet"  href="{{url_for('static',filename='css/read.css')}}">
<body >

    <h1><center>NUTRITION AWARENESS</center></h1>
    <P><B>To lead an active and healthy lifestyle, a well-balanced diet
combined with regular physical exercise is crucial. Good nutrition boosts
immunity, cuts the risk of mental and physical disorders and helps in
fighting diseases. Vitamins are essential to any diet as they help in the
normal growth of a human being. A recent survey shows that most Indians
suffer from a Vitamin D, Vitamin B12 and Vitamin B9 deficiency. To add to
this, we also suffer from Vitamin A deficiency and are deficit in essential
minerals such as zinc and iron. Micronutrients, comprising vitamins and
minerals, form the backbone of a good and well-balanced nutritive diet.
Nutrition cannot be just a means to get something done; it is the pathway
to success in daily life, to play any sport and an important aspect to keep
one active. </B></P>
    <div class="img">
        <img
src="{{url_for('static',filename='images/week.png')}}"><br><br>
        <div class="note">
            <h2>NUTRITION FACTS</h2>
            <ul><b>
                <li>March is the national nutrition awareness month</li>
                <li>School and Colleges spread news about nutrition </li>
                <li>Healthy food keep us healthy</li>
                <li>We stop growing if we not eat healthy food</li>
                <li>Dairy products should be included in our diet</li>
                <li>Eat home-cooked meals as much as possible</li>
                <li>Eat home-cooked meals as much as possible</li>
                <li>Ensure fruits and vegetables make up 50% of your
meal</li>
                <li>Instead of frying choose to bake or grill your meals</li>
                <li>Swapping soft drinks for water and herbal tea</li>
                <li>Avoiding processed foods</li>
                <li>Eating whole fruits instead of juices</li>
                <li>Limit your salt and sugar intake</li>

            </b>
        </ul>
            </div>
    </body>
     </html
```