Alright 🚀 — let’s take this body { ... } rule apart line by line so you see exactly what’s happening.

**📄 The CSS**

body {

margin: 0;

font-family: var(--font-sans);

color: var(--color-text);

background: linear-gradient(180deg, #F9FAFD 0%, var(--color-bg) 60%);

-webkit-font-smoothing: antialiased;

text-rendering: optimizeLegibility;

}

**1. margin: 0;**

* By default, browsers give <body> an **8px margin** (that’s why pages often look like they have extra space at the edges).
* Setting margin: 0; removes that, so your content touches the very edge of the viewport.
* This is a common “reset” line.

**2. font-family: var(--font-sans);**

* Applies the **CSS variable** --font-sans defined earlier in :root.
* That variable looked like:
* --font-sans: system-ui, -apple-system, Segoe UI, Roboto, Inter, "Helvetica Neue", Arial, "Noto Sans", "Apple Color Emoji", "Segoe UI Emoji";
* Meaning: use the system’s default sans-serif font (like Roboto on Android, San Francisco on Mac, Segoe UI on Windows), and fall back through the list if not available.
* Ensures a clean, modern sans-serif text across devices.

**3. color: var(--color-text);**

* Sets the **default text color** for the entire page.
* --color-text was defined as #0b1f33 (dark navy).
* Everything inside <body> inherits this unless overridden.

**4. background: linear-gradient(180deg, #F9FAFD 0%, var(--color-bg) 60%);**

* Creates a **gradient background** that goes **top → bottom (180deg)**.
* Starts with color #F9FAFD at the top (0%).
* Blends into --color-bg (a soft gray-blue, #F6F8FB) at 60% down the page.
* Gives the page a subtle depth instead of a flat background.

**5. -webkit-font-smoothing: antialiased;**

* Vendor-specific property (for WebKit browsers like Safari and Chrome).
* Makes fonts render with **lighter, smoother edges**.
* Especially noticeable on Mac screens.

**6. text-rendering: optimizeLegibility;**

* Hint to the browser: use advanced font rendering features.
* Enables things like:
  + Better kerning (spacing between letters).
  + Ligatures (fancy combined letters like fi → ﬁ in some fonts).
* Can slightly improve readability at the cost of a bit of performance.

**🎯 Summary**

This rule sets up the **whole page’s base look**:

* No default margin.
* Clean sans-serif font stack.
* Dark text color.
* Subtle gradient background.
* Smoothed, legible text rendering.

👉 Basically, it’s the “foundation style” so everything starts from a clean, modern baseline.