

**Московский государственный технический
университет им. Н.Э. Баумана**

**Факультет «Информатика и системы управления»
Кафедра ИУ5 «Системы обработки информации и управления»**

**Курс
«Парадигмы и конструкции языков программирования»**

**Отчет по домашнему заданию
«Веб-страница для выбора категории продуктов питания»**

Выполнил:
студент группы ИУ5И-31Б
До Тхе Фу

Проверил:
преподаватель каф. ИУ5

Москва, 2024 г.

Описание задания

В рамках задания создается интерактивная веб-страница, которая предоставляет пользователю список категорий продуктов с возможностью их фильтрации.

Используемые технологии:

HTML — для структуры страницы.

CSS — для стилизации элементов:

- Анимация карточек.
- Единый стиль для изображений и текста.

Bootstrap 5 — для адаптивной верстки и удобного размещения элементов

Текст программы

foodcalories.html

```
<!DOCTYPE html>
<html lang="en">
<head>
  <style>
    .navbar-brand {
      text-shadow:
        1px 1px 0 #000000; /* Màu viền đen */
    }
  </style>

  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>F.Calories - Categories</title>
  <link href="https://cdn.jsdelivr.net/npm/bootstrap@5.3.3/dist/css/bootstrap.min.css" rel="stylesheet">
  <style>
    .category-card {
      text-align: center;
      border: 1px solid #ddd;
      border-radius: 8px;
      padding: 15px;
      transition: transform 0.2s;
      background-color: #f8f9fa;
      height: 100%; /* Đảm bảo chiều cao đồng nhất */
      display: flex;
      flex-direction: column;
      justify-content: space-between;
```

```

    }

    .category-card:hover {
        transform: scale(1.05);
        background-color: #e9ecef;
    }

    .category-card img {
        width: 100%;
        height: 300px; /* Chiều cao cố định để đồng đều */
        object-fit: cover; /* Giúp hình ảnh cắt đều, tránh bị méo */
        border-radius: 8px;
    }

    .category-name {
        font-weight: bold;
        margin-top: 10px;
    }
}
</style>

</head>
<body>

<!-- Navbar -->
<nav class="navbar navbar-expand-lg navbar-light bg-success">
    <div class="container-fluid">
        <a class="navbar-brand text-white" href="foodscalories.html">F.Calories</a>
        <button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarNav">
            <span class="navbar-toggler-icon"></span>
        </button>
        <div class="collapse navbar-collapse" id="navbarNav">
            <ul class="navbar-nav ms-auto">
                <li class="nav-item">
                    <a class="nav-link active" href="foodscalories.html">Home</a>
                </li>
                <li class="nav-item">
                    <a class="nav-link" href="mailto:phugreeny@gmail.com">Contact</a>
                </li>
            </ul>
        </div>
    </div>
</nav>

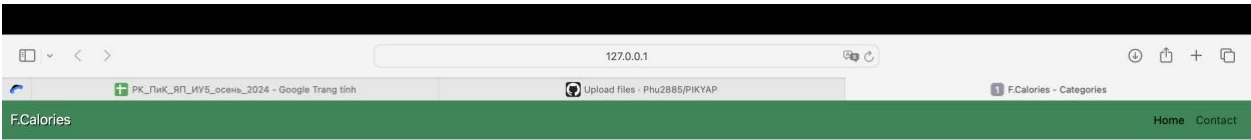
<!-- Category List -->

```

```
<div class="container my-4">
  <h2 class="text-center mb-4">Categories</h2>
  <div class="row g-4">
    <!-- Meat Category -->
    <div class="col-md-4">
      <a href="../categories/Meat/Meat.html" class="text-decoration-none text-dark">
        <div class="category-card">
          
          <h5 class="category-name">Meat</h5>
          <p>High-protein foods including various types of meat.</p>
        </div>
      </a>
    </div>
    <!-- Seafood Category -->
    <div class="col-md-4">
      <a href="../categories/Seafood/seafoods.html" class="text-decoration-none text-dark">
        <div class="category-card">
          
          <h5 class="category-name">Seafood</h5>
          <p>Explore the nutritional values of seafood products.</p>
        </div>
      </a>
    </div>
    <!-- Fruit Category -->
    <div class="col-md-4">
      <a href="../categories/Fruit/fruit.html" class="text-decoration-none text-dark">
        <div class="category-card">
          
          <h5 class="category-name">Fruit</h5>
          <p>Discover the benefits and calories of various fruits.</p>
        </div>
      </a>
    </div>
    <!-- Vegetables Category -->
    <div class="col-md-4">
      <a href="../categories/Vegetable/vegetables.html" class="text-decoration-none text-dark">
        <div class="category-card">
          
          <h5 class="category-name">Vegetables</h5>
          <p>Find out the nutritional values of vegetables.</p>
        </div>
      </a>
    </div>
  </div>
</div>
```

```
    </a>
  </div>
  <!-- Dairy Category -->
  <div class="col-md-4">
    <a href="../categories/Milk/milk.html" class="text-decoration-none text-dark">
      <div class="category-card">
        
        <h5 class="category-name">Milk & Dairy Products</h5>
        <p>Details on dairy products and their caloric content.</p>
      </div>
    </a>
  </div>
  <!-- Drinks Category -->
  <div class="col-md-4">
    <a href="../categories/Drinks/drink.html" class="text-decoration-none text-dark">
      <div class="category-card">
        
        <h5 class="category-name">Drinks</h5>
        <p>Caloric information for various drinks.</p>
      </div>
    </a>
  </div>
</div>

<script src="https://cdn.jsdelivr.net/npm/bootstrap@5.3.3/dist/js/bootstrap.bundle.min.js"></script>
</body>
</html>
```



Categories



Meat

High-protein foods including various types of meat.



Seafood

Explore the nutritional values of seafood products.



Fruit

Discover the benefits and calories of various fruits.



Vegetables

Find out the nutritional values of vegetables.



Milk & Dairy Products

Details on dairy products and their caloric content.



Drinks

Caloric information for various drinks.

drink.html

```
<!DOCTYPE html>
<html>
<head>
  <style>
    .navbar-brand1 {
      text-shadow:
        1px 1px 0 #000000; /* Màu viền đen */
    }
  </style>
  <title>F.calories - Drinks</title>
  <link href="https://cdn.jsdelivr.net/npm/bootstrap@5.3.3/dist/css/bootstrap.min.css" rel="stylesheet"
    integrity="sha384-QWTKZyjpPEjISv5WaRU9OFeRpok6YctnYmDr5pNlyT2bRjXh0JMhY6hW+ALEwIH"
    crossorigin="anonymous">
  <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.3.3/dist/js/bootstrap.bundle.min.js"
    integrity="sha384-YvpcrYf0tY3IHB60NNkmXc5s9fDVZLSaAA55NDzOxhy9GkcldslK1eN7N6jleHz"
    crossorigin="anonymous"></script>
</head>
<body>
  <!-- Navbar -->
  <nav class="navbar navbar-expand-lg navbar-light bg-success">
    <div class="container-fluid">
      <a class="navbar-brand text-white" href=" ../main/foodscalories.html">F.calories </a>
      <a class="navbar-brand1 text-white" href=" ../Drinks/drinks.html"><u>DRINKS</u></a>
```

```

<button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-
target="#navbarSupportedContent"
aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
<span class="navbar-toggler-icon"></span>
</button>
<div class="collapse navbar-collapse" id="navbarSupportedContent">
<ul class="navbar-nav me-auto mb-2 mb-lg-0">
<li class="nav-item">
<a class="nav-link active" aria-current="page" href="../../main/foodscalories.html">Home</a>
</li>
<li class="nav-item dropdown">
<a class="nav-link dropdown-toggle" href="#" id="navbarDropdown" role="button" data-bs-
toggle="dropdown"
aria-expanded="false">
About Us
</a>
<ul class="dropdown-menu" aria-labelledby="navbarDropdown">
<li><a class="dropdown-item" href="mailto:phugreeny@gmail.com">Email:
phugreeny@gmail.com</a></li>
<li><a class="dropdown-item" href="https://www.facebook.com">Facebook Page</a></li>
</ul>
</li>
<li class="nav-item dropdown">
<a class="nav-link dropdown-toggle" href="#" id="navbarDropdown" role="button" data-bs-
toggle="dropdown"
aria-expanded="false">
Categories
</a>
<ul class="dropdown-menu" aria-labelledby="navbarDropdown">
<li><a class="dropdown-item" href="../../Meat/Meat.html">Meat</a></li>
<li><a class="dropdown-item" href="../../Seafood/seafoods.html">Seafoods</a></li>
<li>
<hr class="dropdown-divider">
</li>
<li><a class="dropdown-item" href="../../Fruit/fruit.html">Fruits</a></li>
<li><a class="dropdown-item" href="../../Vegetable/vegetables.html">Vegetables</a></li>
<li>
<hr class="dropdown-divider">
</li>
<li><a class="dropdown-item" href="../../Milk/milk.html">Milk & Dairy Products</a></li>
<li><a class="dropdown-item" href="../../Drinks/drink.html"><b>Drinks</b></a></li>

```

```

        </ul>

    </li>
</ul>

<form class="d-flex">
    <input class="form-control me-2" type="search" placeholder="Search" aria-label="Search">
    <button class="btn btn-outline-light" type="submit">Search</button>
</form>
</div>
</div>
</nav>

```

<!-- Drinks Calories Table -->

```
<div class="container mt-4">
```

```
    <h2>Calories and Nutritional Information of Drinks (per 100ml)</h2>
```

```
    <table class="table table-striped table-bordered">
```

```
        <thead class="table-success">
```

```
        </thead>
```

```
        <tbody>
```

```
            <tr>
```

```
                <th>Type of Drink</th>
```

```
                <th>Calories (kcal)</th>
```

```
                <th>Sugar (g)</th>
```

```
                <th>Fat (g)</th>
```

```
            </tr>
```

```
        </thead>
```

```
        <tbody>
```

```
            <tr>
```

```
                <td>
```

```
                    
```

```
                    Water
```

```
                </td>
```

```
                <td>0</td>
```

```
                <td>0</td>
```

```
                <td>0</td>
```

```
            </tr>
```

```
            <tr>
```

```
                <td>
```

```
                    
```

```
                    Coffee (Black)
```

```
                </td>
```

```
                <td>2</td>
```



```

        <td>0</td>

        <td>0</td>
    </tr>

    <tr>

        <td>

            Tea (Black)

        </td>

        <td>1</td>

        <td>0</td>

        <td>0</td>
    </tr>

    <tr>

        <td>

            Orange Juice

        </td>

        <td>45</td>

        <td>8</td>

        <td>0.2</td>
    </tr>

    <tr>

        <td>

            Milkshake

        </td>

        <td>120</td>

        <td>20</td>

        <td>3</td>
    </tr>

    <tr>

        <td>

            Wine

        </td>

        <td>85</td>

        <td>1.2</td>

        <td>0</td>
    </tr>

    <tr>






        <td>

```

```

    Beer
</td>
<td>43</td>
<td>0.8</td>
<td>0</td>
</tr>
<tr>
<td>
    
    Coca-Cola
</td>
<td>42</td>
<td>10.6</td>
<td>0</td>
</tr>
<tr>
<td>
    
    Fanta
</td>
<td>49</td>
<td>12</td>
<td>0</td>
</tr>
<tr>
<td>
    
    Sprite
</td>
<td>40</td>
<td>9.6</td>
<td>0</td>
</tr>
</tbody>
</table>
</div>
</body>
</html>
```

Calories and Nutritional Information of Drinks (per 100ml)

Type of Drink	Calories (kcal)	Sugar (g)	Fat (g)
 Water	0	0	0
 Coffee (Black)	2	0	0
 Tea (Black)	1	0	0
 Orange Juice	45	8	0.2
 Milkshake	120	20	3

fruit.html

```
<!DOCTYPE html>
<html>
<head>
  <style>
    .navbar-brand1 {
      text-shadow:
        1px 1px 0 #000000; /* Màu viền đen */
    }
  </style>
  <title>F.calories - Fruit</title>
  <link href="https://cdn.jsdelivr.net/npm/bootstrap@5.3.3/dist/css/bootstrap.min.css" rel="stylesheet"
    integrity="sha384-QWTKZyjpPEjISv5WaRU9OFeRpok6YctnYmDr5pNlyT2bRjXh0JMhY6hW+ALEwIH"
    crossorigin="anonymous">
  <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.3.3/dist/js/bootstrap.bundle.min.js"
    integrity="sha384-YvpcrYf0tY3iHB60NNkmXc5s9fDVZLESaAA55NDzOxhy9GkcldslK1eN7N6jleHz"
    crossorigin="anonymous"></script>
</head>
<body>
  <!-- Navbar -->
  <nav class="navbar navbar-expand-lg navbar-light bg-success">
    <div class="container-fluid">
```

```

<a class="navbar-brand text-white" href="../../main/foodscalories.html">F.calories </a>
<a class="navbar-brand1 text-white" href="../Fruit/Fruit.html"><u>FRUIT</u></a>
<button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-
target="#navbarSupportedContent"
aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
<span class="navbar-toggler-icon"></span>
</button>
<div class="collapse navbar-collapse" id="navbarSupportedContent">
<ul class="navbar-nav me-auto mb-2 mb-lg-0">
<li class="nav-item">
<a class="nav-link active" aria-current="page" href="../../main/foodscalories.html">Home</a>
</li>
<li class="nav-item dropdown">
<a class="nav-link dropdown-toggle" href="#" id="navbarDropdown" role="button" data-bs-
toggle="dropdown"
aria-expanded="false">
About Us
</a>
<ul class="dropdown-menu" aria-labelledby="navbarDropdown">
<li><a class="dropdown-item" href="mailto:phugreeny@gmail.com">Email:
phugreeny@gmail.com</a></li>
<li><a class="dropdown-item" href="https://www.facebook.com">Facebook Page</a></li>
</ul>
</li>
<li class="nav-item dropdown">
<a class="nav-link dropdown-toggle" href="#" id="navbarDropdown" role="button" data-bs-
toggle="dropdown"
aria-expanded="false">
Categories
</a>
<ul class="dropdown-menu" aria-labelledby="navbarDropdown">
<li><a class="dropdown-item" href="../Meat/Meat.html">Meat</a></li>
<li><a class="dropdown-item" href="../Seafood/seafoods.html">Seafoods</a></li>
<li>
<hr class="dropdown-divider">
</li>
<li><a class="dropdown-item" href="../Fruit/fruit.html"><b>Fruits</b></a></li>
<li><a class="dropdown-item" href="../Vegetable/vegetables.html">Vegetables</a></li>
<li>
<hr class="dropdown-divider">
</li>

```

```

        <li><a class="dropdown-item" href="../Milk/milk.html">Milk & Dairy Products</a></li>
        <li><a class="dropdown-item" href="../Drinks/drink.html">Drinks</a></li>
    </ul>
</li>
</ul>
<form class="d-flex">
    <input class="form-control me-2" type="search" placeholder="Search" aria-label="Search">
    <button class="btn btn-outline-light" type="submit">Search</button>
</form>
</div>
</div>
</nav>

```

<!-- Fruit Calories Table -->

```

<div class="container mt-4">
    <h2>Calories and Nutritional Information of Different Types of Fruit (per 100g)</h2>
    <table class="table table-striped table-bordered">
        <thead class="table-success">
            <tr>
                <th>Type of Fruit</th>
                <th>Calories (kcal)</th>
                <th>Carbohydrates (g)</th>
                <th>Fiber (g)</th>
            </tr>
        </thead>
        <tbody>
            <tr>
                <td>
                    
                    Apple
                </td>
                <td>52</td>
                <td>14</td>
                <td>2.4</td>
            </tr>
            <tr>
                <td>
                    
                    Banana
                </td>
                <td>96</td>
            </tr>
        </tbody>
    </table>

```

```
<td>27</td>
<td>2.6</td>
</tr>
<tr>
<td>

Orange
</td>
<td>47</td>
<td>12</td>
<td>2.4</td>
</tr>
<tr>
<td>

Strawberry
</td>
<td>32</td>
<td>7.7</td>
<td>2.0</td>
</tr>
<tr>
<td>

Watermelon
</td>
<td>30</td>
<td>8</td>
<td>0.4</td>
</tr>
<tr>
<td>







Grape
</td>
<td>69</td>
<td>18</td>
<td>0.9</td>
</tr>
<tr>
<td>
```

```

Pear
</td>
<td>57</td>
<td>15</td>
<td>3.1</td>
</tr>
<tr>
<td>

Pineapple
</td>
<td>50</td>
<td>13</td>
<td>1.4</td>
</tr>
</tbody>
</table>
</div>
</body>
</html>
```

Calories and Nutritional Information of Different Types of Fruit (per 100g)

Type of Fruit	Calories (kcal)	Carbohydrates (g)	Fiber (g)
<div> Apple</div>	52	14	2.4
<div> Banana</div>	96	27	2.6
<div> Orange</div>	47	12	2.4
<div> Strawberry</div>	32	7.7	2.0
<div> Watermelon</div>	30	8	0.4
<div></div>	69	18	0.9

Meat.html

```
<!DOCTYPE html>

<html>

<head>

  <style>

    .navbar-brand1 {

      text-shadow:

        1px 1px 0 #000000; /* Màu viền đen */

    }

  </style>

  <title>F.calories - Meat</title>

  <link href="https://cdn.jsdelivr.net/npm/bootstrap@5.3.3/dist/css/bootstrap.min.css" rel="stylesheet"

    integrity="sha384-QWTKZyjpPEjLSv5WaRU9OFeRpok6YctnYmDr5pNlyT2bRjXh0JMHjY6hW+ALEwIH"

    crossorigin="anonymous">

  <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.3.3/dist/js/bootstrap.bundle.min.js"

    integrity="sha384-YvpcrYf0tY3IHB60NNkmXc5s9fDVZLESaAA55NDzOxhy9GkcldslK1eN7N6jleHz"

    crossorigin="anonymous"></script>

</head>

<body>

  <!-- Navbar -->

  <nav class="navbar navbar-expand-lg navbar-light bg-success">

    <div class="container-fluid">

      <a class="navbar-brand text-white" href="../../main/foodscalories.html">F.calories </a>

      <a class="navbar-brand1 text-white" href="../Meat/Meat.html"><u>MEAT</u></a>

      <button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-

target="#navbarSupportedContent"

        aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">

        <span class="navbar-toggler-icon"></span>

      </button>

      <div class="collapse navbar-collapse" id="navbarSupportedContent">

        <ul class="navbar-nav me-auto mb-2 mb-lg-0">

          <li class="nav-item">

            <a class="nav-link active" aria-current="page" href="../../main/foodscalories.html">Home</a>

          </li>

          <li class="nav-item dropdown">

            <a class="nav-link dropdown-toggle" href="#" id="navbarDropdown" role="button" data-bs-

toggle="dropdown"

              aria-expanded="false">

              About Us

            </a>

            <ul class="dropdown-menu" aria-labelledby="navbarDropdown">
```



```

        <li><a class="dropdown-item" href="mailto:phugreeny@gmail.com">Email:
phugreeny@gmail.com</a></li>

        <li><a class="dropdown-item" href="https://www.facebook.com">Facebook Page</a></li>
    </ul>
</li>

<li class="nav-item dropdown">

    <a class="nav-link dropdown-toggle" href="#" id="navbarDropdown" role="button" data-bs-
toggle="dropdown"

        aria-expanded="false">
        Categories
    </a>

    <ul class="dropdown-menu" aria-labelledby="navbarDropdown">

        <li><a class="dropdown-item" href="#"><b>Meat</b></a></li>

        <li><a class="dropdown-item" href="../Seafood/seafoods.html">Seafoods</a></li>

        <li>

            <hr class="dropdown-divider">

        </li>

        <li><a class="dropdown-item" href="../Fruit/fruit.html">Fruits</a></li>

        <li><a class="dropdown-item" href="../Vegetable/vegetables.html">Vegetables</a></li>

        <li>

            <hr class="dropdown-divider">

        </li>

        <li><a class="dropdown-item" href="../Milk/milk.html">Milk & Dairy Products</a></li>

        <li><a class="dropdown-item" href="../Drinks/drink.html">Drinks</a></li>

    </ul>

</li>

</ul>

<form class="d-flex">

    <input class="form-control me-2" type="search" placeholder="Search" aria-label="Search">

    <button class="btn btn-outline-light" type="submit">Search</button>

</form>

</div>

</div>

</nav>

<!-- Meat Calories Table -->

<div class="container mt-4">

    <h2>Calories and Nutritional Information of Different Types of Meat (per 100g)</h2>

    <table class="table table-striped table-bordered">

        <thead class="table-success">

            <tr>

```

```
<th>Type of Meat</th>
<th>Calories (kcal)</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>

Chicken Breast
</td>
<td>165</td>
<td>31</td>
<td>3.6</td>
</tr>
<tr>
<td>

Beef
</td>
<td>250</td>
<td>26</td>
<td>15</td>
</tr>
<tr>
<td>

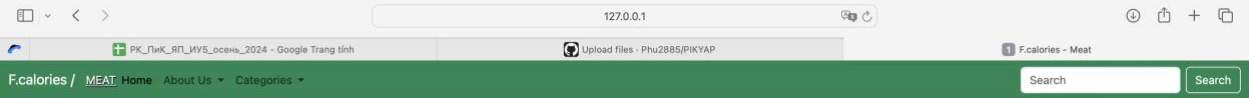
Pork
</td>
<td>242</td>
<td>27</td>
<td>14</td>
</tr>
<tr>
<td>

Lamb
</td>
<td>294</td>
<td>25</td>
```








```
<td>21</td>
</tr>
<tr>
  <td>
    
    Turkey
  </td>
  <td>189</td>
  <td>29</td>
  <td>7.2</td>
</tr>
<tr>
  <td>
    
    Duck
  </td>
  <td>337</td>
  <td>19</td>
  <td>28.4</td>
</tr>
<tr>
  <td>
    
    Venison
  </td>
  <td>158</td>
  <td>30</td>
  <td>3.0</td>
</tr>
<tr>
  <td>
    
    Goat
  </td>
  <td>143</td>
  <td>26</td>
  <td>2.8</td>
</tr>
</tbody>
</table>
</div>
```

</body>

</html>



Calories and Nutritional Information of Different Types of Meat (per 100g)

Type of Meat	Calories (kcal)	Protein (g)	Fat (g)
 Chicken Breast	165	31	3.6
 Beef	250	26	15
 Pork	242	27	14
 Lamb	294	25	21
 Turkey	189	29	7.2
 Duck	337	19	28.4
 Venison	158	30	3.0

milk.html

```
<!DOCTYPE html>
<html>
<head>
  <style>
    .navbar-brand1 {
      text-shadow:
        1px 1px 0 #000000; /* Màu viền đen */
    }
  </style>
  <title>F.calories - Milk and Dairy Products</title>
  <link href="https://cdn.jsdelivr.net/npm/bootstrap@5.3.3/dist/css/bootstrap.min.css" rel="stylesheet"
    integrity="sha384-QWTKZyjpPEjISv5WaRU9OFeRpok6YctnYmDr5pNlyT2bRjXh0JMhY6hW+ALEwIH"
    crossorigin="anonymous">
  <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.3.3/dist/js/bootstrap.bundle.min.js"
    integrity="sha384-YvpcrYf0tY3lHB60NNkmXc5s9fDVZLESaAA55NDzOxhy9GkcldslK1eN7N6jleHz"
    crossorigin="anonymous"></script>
</head>
<body>
  <!-- Navbar -->
  <nav class="navbar navbar-expand-lg navbar-light bg-success">
    <div class="container-fluid">
```

```

<a class="navbar-brand text-white" href="../../main/foodscalories.html">F.calories </a>

<a class="navbar-brand1 text-white" href="../../Milk/milk.html"><u>MILK & DAIRY PRODUCTS</u></a>

<button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-
target="#navbarSupportedContent"
    aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
    <span class="navbar-toggler-icon"></span>
</button>

<div class="collapse navbar-collapse" id="navbarSupportedContent">
    <ul class="navbar-nav me-auto mb-2 mb-lg-0">
        <li class="nav-item">
            <a class="nav-link active" aria-current="page" href="../../main/foodscalories.html">Home</a>
        </li>
        <li class="nav-item dropdown">
            <a class="nav-link dropdown-toggle" href="#" id="navbarDropdown" role="button" data-bs-
toggle="dropdown"
                aria-expanded="false">
                About Us
            </a>
            <ul class="dropdown-menu" aria-labelledby="navbarDropdown">
                <li><a class="dropdown-item" href="mailto:phugreeny@gmail.com">Email:
phugreeny@gmail.com</a></li>
                <li><a class="dropdown-item" href="https://www.facebook.com">Facebook Page</a></li>
            </ul>
        </li>
        <li class="nav-item dropdown">
            <a class="nav-link dropdown-toggle" href="#" id="navbarDropdown" role="button" data-bs-
toggle="dropdown"
                aria-expanded="false">
                Categories
            </a>
            <ul class="dropdown-menu" aria-labelledby="navbarDropdown">
                <li><a class="dropdown-item" href="../../Meat/Meat.html">Meat</a></li>
                <li><a class="dropdown-item" href="../../Seafood/seafoods.html">Seafoods</a></li>
                <li>
                    <hr class="dropdown-divider">
                </li>
                <li><a class="dropdown-item" href="../../Fruit/fruit.html">Fruits</a></li>
                <li><a class="dropdown-item" href="../../Vegetable/vegetables.html">Vegetables</a></li>
                <li>
                    <hr class="dropdown-divider">
                </li>
            </ul>
        </li>
    </ul>

```

```
<li><a class="dropdown-item" href="../Milk/milk.html"><b>Milk & Dairy Products</b></a></li>
<li><a class="dropdown-item" href="../Drinks/drink.html">Drinks</a></li>
</ul>
</li>
</ul>
<form class="d-flex">
  <input class="form-control me-2" type="search" placeholder="Search" aria-label="Search">
  <button class="btn btn-outline-light" type="submit">Search</button>
</form>
</div>
</div>
</nav>
```

```
<!-- Milk and Dairy Products Calories Table -->
```

```
<div class="container mt-4">
  <h2>Calories and Nutritional Information of Milk and Dairy Products (per 100g)</h2>
  <table class="table table-striped table-bordered">
    <thead class="table-success">
      <tr>
        <th>Type of Product</th>
        <th>Calories (kcal)</th>
        <th>Protein (g)</th>
        <th>Fat (g)</th>
      </tr>
    </thead>
    <tbody>
      <tr>
        <td>
          
          Milk
        </td>
        <td>42</td>
        <td>3.4</td>
        <td>1.0</td>
      </tr>
      <tr>
        <td>
          
          Cheese
        </td>
        <td>402</td>
```

```

        <td>25</td>
        <td>33</td>
    </tr>
    <tr>
        <td>
            
            Yogurt
        </td>
        <td>59</td>
        <td>10</td>
        <td>0.4</td>
    </tr>
    <tr>
        <td>
            
            Butter
        </td>
        <td>717</td>
        <td>0.9</td>
        <td>81</td>
    </tr>
    <tr>
        <td>
            
            Cream
        </td>
        <td>349</td>
        <td>2.8</td>
        <td>37</td>
    </tr>
    <tr>
        <td>
            
            Ice Cream
        </td>
        <td>207</td>
        <td>3.5</td>
        <td>11</td>
    </tr>
    <tr>
        <td>







```

```

Cottage Cheese
</td>
<td>98</td>
<td>11</td>
<td>4.3</td>
</tr>
<tr>
<td>

Sour Cream
</td>
<td>214</td>
<td>2.4</td>
<td>20</td>
</tr>
</tbody>
</table>
</div>
</body>
</html>
```

Calories and Nutritional Information of Milk and Dairy Products (per 100g)

Type of Product	Calories (kcal)	Protein (g)	Fat (g)
 Milk	42	3.4	1.0
 Cheese	402	25	33
 Yogurt	59	10	0.4
 Butter	717	0.9	81
 Cream	349	2.8	37
 Ice Cream	207	3.5	11

seafoods.html

```
<!DOCTYPE html>
```



```

<html>
<head>
  <style>
    .navbar-brand1 {
      text-shadow:
        1px 1px 0 #000000; /* Màu viền đen */
    }
  </style>
  <title>F.calories - Seafood</title>
  <link href="https://cdn.jsdelivr.net/npm/bootstrap@5.3.3/dist/css/bootstrap.min.css" rel="stylesheet"
    integrity="sha384-QWTKZyjpPEjLSv5WaRU9OFeRpok6YctnYmDr5pNlyT2bRjXh0JMhY6hW+ALEwIH"
    crossorigin="anonymous">
  <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.3.3/dist/js/bootstrap.bundle.min.js"
    integrity="sha384-YvpcrYf0tY3lHB60NNkmXc5s9fDVZLESaAA55NDzOxhy9GkcldslK1eN7N6jleHz"
    crossorigin="anonymous"></script>
</head>
<body>
  <!-- Navbar -->
  <nav class="navbar navbar-expand-lg navbar-light bg-success">
    <div class="container-fluid">
      <a class="navbar-brand text-white" href="../../main/foodscalories.html">F.calories </a>
      <a class="navbar-brand1 text-white" href="../../Seafood/seafoods.html"><u>SEAFOOD</u></a>
      <button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-
target="#navbarSupportedContent"
        aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
        <span class="navbar-toggler-icon"></span>
      </button>
      <div class="collapse navbar-collapse" id="navbarSupportedContent">
        <ul class="navbar-nav me-auto mb-2 mb-lg-0">
          <li class="nav-item">
            <a class="nav-link active" aria-current="page" href="../../main/foodscalories.html">Home</a>
          </li>
          <li class="nav-item dropdown">
            <a class="nav-link dropdown-toggle" href="#" id="navbarDropdown" role="button" data-bs-
toggle="dropdown"
              aria-expanded="false">
              About Us
            </a>
            <ul class="dropdown-menu" aria-labelledby="navbarDropdown">
              <li><a class="dropdown-item" href="mailto:phugreeny@gmail.com">Email:
phugreeny@gmail.com</a></li>

```

```

        <li><a class="dropdown-item" href="https://www.facebook.com">Facebook Page</a></li>
    </ul>
</li>

<li class="nav-item dropdown">
    <a class="nav-link dropdown-toggle" href="#" id="navbarDropdown" role="button" data-bs-
toggle="dropdown"
    aria-expanded="false">
        Categories
    </a>
    <ul class="dropdown-menu" aria-labelledby="navbarDropdown">
        <li><a class="dropdown-item" href="#"><b>Seafood</b></a></li>
        <li><a class="dropdown-item" href="../Meat/Meat.html">Meat</a></li>
        <li>
            <hr class="dropdown-divider">
        </li>
        <li><a class="dropdown-item" href="../Fruit/fruit.html">Fruits</a></li>
        <li><a class="dropdown-item" href="../Vegetable/vegetables.html">Vegetables</a></li>
        <li>
            <hr class="dropdown-divider">
        </li>
        <li><a class="dropdown-item" href="../Milk/milk.html">Milk & Dairy Products</a></li>
        <li><a class="dropdown-item" href="../Drinks/drink.html">Drinks</a></li>
    </ul>
</li>
</ul>

<form class="d-flex">
    <input class="form-control me-2" type="search" placeholder="Search" aria-label="Search">
    <button class="btn btn-outline-light" type="submit">Search</button>
</form>
</div>
</div>
</nav>

<!-- Seafood Calories Table -->
<div class="container mt-4">
    <h2>Calories and Nutritional Information of Different Types of Seafood (per 100g)</h2>
    <table class="table table-striped table-bordered">
        <thead class="table-success">
            <tr>
                <th>Type of Seafood</th>
                <th>Calories (kcal)</th>
            </tr>
        </thead>
    </table>

```








```

        <th>Protein (g)</th>
        <th>Fat (g)</th>
    </tr>
</thead>
<tbody>
    <tr>
        <td>
            
            Salmon
        </td>
        <td>208</td>
        <td>20</td>
        <td>13</td>
    </tr>
    <tr>
        <td>
            
            Shrimp
        </td>
        <td>99</td>
        <td>24</td>
        <td>0.3</td>
    </tr>
    <tr>
        <td>
            
            Tuna
        </td>
        <td>132</td>
        <td>29</td>
        <td>1.3</td>
    </tr>
    <tr>
        <td>
            
            Crab
        </td>
        <td>97</td>
        <td>19</td>
        <td>1.5</td>
    </tr>

```

```
<tr>
  <td>
    
    Cod
  </td>
  <td>82</td>
  <td>18</td>
  <td>0.7</td>
</tr>
<tr>
  <td>
    
    Lobster
  </td>
  <td>89</td>
  <td>19</td>
  <td>0.9</td>
</tr>
<tr>
  <td>
    
    Oyster
  </td>
  <td>68</td>
  <td>7</td>
  <td>2.5</td>
</tr>
<tr>
  <td>
    
    Squid
  </td>
  <td>92</td>
  <td>15</td>
  <td>1.4</td>
</tr>
</tbody>
</table>
</div>
</body>
</html>
```

Calories and Nutritional Information of Different Types of Seafood (per 100g)

Type of Seafood	Calories (kcal)	Protein (g)	Fat (g)
 Salmon	208	20	13
 Shrimp	99	24	0.3
 Tuna	132	29	1.3
 Crab	97	19	1.5
 Cod	82	18	0.7
 Lobster	89	19	0.9
 Oyster	68	7	2.5

vegetables.html

```
<!DOCTYPE html>

<html>

<head>

  <style>

    .navbar-brand1 {
      text-shadow:
        1px 1px 0 #000000; /* Màu viền đen */
    }

  </style>

  <title>F.calories - Vegetables</title>

  <link href="https://cdn.jsdelivr.net/npm/bootstrap@5.3.3/dist/css/bootstrap.min.css" rel="stylesheet"
    integrity="sha384-QWTKZyjpPEjISv5WaRU90FeRpok6YctnYmDr5pNlyT2bRjXh0JMhJY6hW+ALEwIH"
    crossorigin="anonymous">

  <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.3.3/dist/js/bootstrap.bundle.min.js"
    integrity="sha384-YvpcrYf0tY3iHB60NNkmXc5s9fDVZLESaAA55NDzOxhy9GkcldslK1eN7N6jleHz"
    crossorigin="anonymous"></script>

</head>

<body>

  <!-- Navbar -->

  <nav class="navbar navbar-expand-lg navbar-light bg-success">

    <div class="container-fluid">

      <a class="navbar-brand text-white" href="../../main/foodscalories.html">F.calories </a>
```

```

<a class="navbar-brand1 text-white" href=" ../vegetable/vegetables.html"><u>VEGETABLES</u></a>

<button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-
target="#navbarSupportedContent"
    aria-controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle navigation">
    <span class="navbar-toggler-icon"></span>
</button>

<div class="collapse navbar-collapse" id="navbarSupportedContent">
    <ul class="navbar-nav me-auto mb-2 mb-lg-0">
        <li class="nav-item">
            <a class="nav-link active" aria-current="page" href=" ../main/foodscalories.html">Home</a>
        </li>
        <li class="nav-item dropdown">
            <a class="nav-link dropdown-toggle" href="#" id="navbarDropdown" role="button" data-bs-
toggle="dropdown"
                aria-expanded="false">
                About Us
            </a>
            <ul class="dropdown-menu" aria-labelledby="navbarDropdown">
                <li><a class="dropdown-item" href="mailto:phugreeny@gmail.com">Email:
phugreeny@gmail.com</a></li>
                <li><a class="dropdown-item" href="https://www.facebook.com">Facebook Page</a></li>
            </ul>
        </li>
        <li class="nav-item dropdown">
            <a class="nav-link dropdown-toggle" href="#" id="navbarDropdown" role="button" data-bs-
toggle="dropdown"
                aria-expanded="false">
                Categories
            </a>
            <ul class="dropdown-menu" aria-labelledby="navbarDropdown">
                <li><a class="dropdown-item" href=" ../Meat/Meat.html">Meat</a></li>
                <li><a class="dropdown-item" href=" ../Seafood/seafoods.html">Seafoods</a></li>
                <li>
                    <hr class="dropdown-divider">
                </li>
                <li><a class="dropdown-item" href=" ../Fruit/fruit.html">Fruits</a></li>
                <li><a class="dropdown-item" href=" ../Vegetable/vegetables.html"><b>Vegetables</b></a></li>
                <li>
                    <hr class="dropdown-divider">
                </li>
                <li><a class="dropdown-item" href=" ../Milk/milk.html">Milk & Dairy Products</a></li>

```

```

        <li><a class="dropdown-item" href="../Drinks/drink.html">Drinks</a></li>
    </ul>
</li>
</ul>
<form class="d-flex">
    <input class="form-control me-2" type="search" placeholder="Search" aria-label="Search">
    <button class="btn btn-outline-light" type="submit">Search</button>
</form>
</div>
</div>
</nav>

```

```

<!-- Vegetables Calories Table -->

```

```

<div class="container mt-4">
    <h2>Calories and Nutritional Information of Different Types of Vegetables (per 100g)</h2>
    <table class="table table-striped table-bordered">
        <thead class="table-success">
            <tr>
                <th>Type of Vegetable</th>
                <th>Calories (kcal)</th>
                <th>Carbohydrates (g)</th>
                <th>Fiber (g)</th>
            </tr>
        </thead>
        <tbody>
            <tr>
                <td>
                    
                    Broccoli
                </td>
                <td>55</td>
                <td>11</td>
                <td>3.8</td>
            </tr>
            <tr>
                <td>
                    
                    Carrot
                </td>
                <td>41</td>
                <td>10</td>
            </tr>
        </tbody>
    </table>

```

```
<td>2.8</td>
</tr>
<tr>
<td>

Spinach
</td>
<td>23</td>
<td>3.6</td>
<td>2.2</td>
</tr>
<tr>
<td>

Tomato
</td>
<td>18</td>
<td>3.9</td>
<td>1.2</td>
</tr>
<tr>
<td>

Bell Pepper
</td>
<td>31</td>
<td>6</td>
<td>2.1</td>
</tr>
<tr>
<td>

Potato
</td>
<td>77</td>
<td>17</td>
<td>2.2</td>
</tr>
<tr>
<td>

```



```

        Cauliflower
    </td>
    <td>25</td>
    <td>5</td>
    <td>2.5</td>
</tr>
<tr>
    <td>
        
        Cucumber
    </td>
    <td>16</td>
    <td>3.6</td>
    <td>0.5</td>
</tr>
</tbody>
</table>
</div>
</body>
</html>

```

Calories and Nutritional Information of Different Types of Vegetables (per 100g)

Type of Vegetable	Calories (kcal)	Carbohydrates (g)	Fiber (g)
 Broccoli	55	11	3.8
 Carrot	41	10	2.8
 Spinach	23	3.6	2.2
 Tomato	18	3.9	1.2
 Bell Pepper	31	6	2.1
 Potato	77	17	2.2