<!DOCTYPE html>

<html>

<head>

<style>

a:link {

color: red;

}

a:visited {

color: green;

}

a:hover {

color: hotpink;

font-size:20px;

}

a:active {

color: blue;

background-color:black;

}

</style>

</head>

<body bgcolor=aqua>

<h2><center>Food groups</center></h2>

<p>The following nine food groups reflect foods with generally similar nutritional characteristics:<br><br> (1) cereals,<br> (2) starchy roots,<br> (3) legumes,<br> (4) vegetables and fruits,<br> (5) sugars,preserves, and syrups,<br> (6) meat, fish, and eggs,<br> (7) milk and milk products, <br>(8) fats and oils, <br> (9) beverages.</p>

<p><b><a href="#" class="active">Click here to check the efffect</a></b></p>

</body>

</html>