<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>CSS Box Model Example</title>

<style>

body {

font-family: Arial, sans-serif;

margin: 20px;

}

.box {

width: 200px;

height: 150px;

background-color: #f4a460; /\* Content area background color \*/

padding: 20px;

border: 5px solid #ff6347; /\* Border color \*/

margin: 30px;

box-sizing: border-box; /\* Include padding and border in the element's total width and height \*/

}

.box p {

margin: 0; /\* Remove default margin for the paragraph \*/

}

</style>

</head>

<body>

<h1>CSS Box Model</h1>

<div class="box">

<p>This is an example of the CSS box model. The box includes content, padding, border, and margin. The total width and height of the box are calculated based on the content size, padding, and border, with the `box-sizing` property set to `border-box`.</p>

</div>

</body>

</html>