

Nu Html Checker

This tool is an ongoing experiment in better HTML checking, and its behavior remains subject to change

Showing results for contents of text-input area

Checker Input

Show ☒ source ☐ outline ☐ image report

Options...

Check by text input ☐ CSS

```


<button class="subtract">-</button>
<button onclick="myFunction()">Click Me!</button>
</div>
</div>
<div class="shape two">
<div class="button">
<span></span>
<button class="add">+</button>
<input type="number" value="0">
<button class="subtract">-</button>
<button onclick="myFunction1()">Click Me!</button>
</div>
</div>
<div class="shape three">

```

Check

Use the Message Filtering button below to hide/show particular messages, and to see total counts of errors and warnings.

Message Filtering

- Error** Element `ol` not allowed as child of element `span` in this context.

(Suppressing further errors from this subtree.)

[From line 19, column 17; to line 19, column 20](#)

```
<ol></ol>
```

Contexts in which element `ol` may be used:

Where [flow content](#) is expected.

Content model for element `span`:

[Phrasing content](#).

- Error** A `link` element must not appear as a descendant of a `body` element unless the `link` element has an `itemprop` attribute or has a `rel` attribute whose value contains `dns-prefetch`, `modulepreload`, `pingback`, `preconnect`, `prefetch`, `preload`, `prerender`, or `stylesheet`.

[From line 95, column 19; to line 95, column 83](#)

```
<link rel="icon" type="image/x-icon" href="/images/favicon.icon"></link>
```

3. **Error** `td` start tag in table body.[From line 175, column 18; to line 177, column 16](#)`</tr><< <td>season`4. **Error** `td` start tag in table body.[From line 214, column 18; to line 216, column 16](#)`</tr><< <td>potato`5. **Error** `td` start tag in table body.[From line 243, column 18; to line 245, column 16](#)`</tr><< <td>cheese`6. **Error** `td` start tag in table body.[From line 279, column 18; to line 281, column 16](#)`</tr><< <td>raw pr`7. **Error** `td` start tag in table body.[From line 315, column 18; to line 317, column 16](#)`</tr><< <td>butter`8. **Error** Element `ul` not allowed as child of element `span` in this context.**(Suppressing further errors from this subtree.)**[From line 356, column 17; to line 356, column 20](#)`<<`Contexts in which element `ul` may be used:Where [flow content](#) is expected.Content model for element `span`:[Phrasing content](#).

Document checking completed.

Source

```

1. <<
2. <!DOCTYPE html><<
3. <html lang="en"><<
4. <<
5. <head><<
6.   <meta charset="UTF-8"><<
7.   <meta name="viewport" content="width=device-width,initial-scale=1.0"><<
8.   <link rel="stylesheet" href="css/style.css"><<
9.   <title>Food Menu</title><<
10.  <<
11. </head><<
12. <<
13. <body><<

```

```

14. <!--header section for navigation-->
15. <div id="header">
16.     <div>
17.         <nav>
18.             <span>
19.                 <ol>
20.                     <a href="#home">Home</a>|
21.                     <a href="#fruit_vegetable">Fruit & Veg</a>|
22.                     <a href="#wholegrains">Wholegrains</a>|
23.                     <a href="#dairy">Dairy</a>|
24.                     <a href="#healthy_protein">Raw Protein</a>|
25.                     <a href="#fats">Fats</a>|
26.                     <a href="#portion">Portion Guideline</a>|
27.                     <a href="#footer">Contact</a>
28.                 </ol>
29.             </span>
30.         </nav>
31.     </div>
32.     <h1>
33.         <span style="color:rgb(0, 0, 0)">Healthy Food Choice!</span>
34.     </h1>
35. </div>
36. <!--main_content section-->
37. <div id="main_content">
38.     <header>Food Pyramid </header>
39.     <div class="container">
40.         <div class="shape one">
41.             <div class="button">
42.                 <span></span>
43.                 <button class="add">+</button>
44.                 <input type="number" value="0">
45.                 <button class="subtract">-</button>
46.                 <button onclick="myFunction()">Click Me!</button>
47.             </div>
48.             <div class="shape two">
49.                 <div class="button">
50.                     <span></span>
51.                     <button class="add">+</button>
52.                     <input type="number" value="0">
53.                     <button class="subtract">-</button>
54.                     <button onclick="myFunction1()">Click Me!</button>
55.                 </div>
56.             </div>
57.             <div class="shape three">
58.                 <div class="button">
59.                     <button class="add">+</button>
60.                     <input type="number" value="0">
61.                     <button class="subtract">-</button>
62.                     <button onclick="myFunction2()">Click Me!</button>
63.                 </div>
64.             </div>
65.             <div class="shape four">
66.                 <div class="button">
67.                     <span></span>
68.                     <button class="add">+</button>
69.                     <input type="number" value="0">
70.                     <button class="subtract">-</button>
71.                     <button onclick="myFunction3()">Click Me!</button>
72.                 </div>
73.             </div>
74.             <div class="shape five">
75.                 <div class="button">
76.                     <span></span>
77.                     <button class="add">+</button>
78.                     <input type="number" value="0">
79.                     <button class="subtract">-</button>
80.                     <button onclick="myFunction4()">Click Me!</button>
81.                 </div>
82.             </div>
83.             <div class="shape five">
84.                 <div class="button">
85.                     <span></span>
86.                     <button class="add">+</button>
87.                     <input type="number" value="0">
88.                     <button class="subtract">-</button>
89.                     <button onclick="myFunction4()">Click Me!</button>
90.                 </div>
91.             </div>
92.             <div class="shape five">
93.                 <div class="button">
94.                     <span></span>
95.                     <button class="add">+</button>
96.                     <input type="number" value="0">
97.                     <button class="subtract">-</button>
98.                     <button onclick="myFunction4()">Click Me!</button>
99.                 </div>
100.            </div>
101.        </div>
102.    </div>
103. </div>

```

```

85.         ↵
86.     </div>↵
87. </div>↵
88. <div class="shape six" >↵
89.     <div class="button">↵
90.         <span></span>↵
91.         <button class="add">+</button>↵
92.         <input type="number" value="0">↵
93.         <button class="subtract">-</button>↵
94.         <button onclick="myFunction5()">Click Me!</button>↵
95.         <link rel="icon" type="image/x-icon"
href="/images/favicon.icon">↵
96.     </div>↵
97. </div>↵
98. </div>↵
99. </div>↵
100. ↵
101.     <script>↵
102.     let buttons = document.querySelectorAll('.button');↵
103.     let buttonsArray = Array.from(buttons);↵
104.     for (const btn of buttonsArray) {↵
105.         let input = btn.querySelector('input');↵
106.         btn.querySelector('.add').addEventListener('click', () => {↵
107.             input.value = parseInt(input.value) + 1;↵
108.         });↵
109.     ↵
110.     ↵
111.         btn.querySelector('.subtract').addEventListener('click', () =>
{↵
112.             input.value = parseInt(input.value) - 1;↵
113.         });↵
114.     }↵
115. ↵
116. </script> ↵
117. ↵
118. <script>↵
119.     function myFunction() {↵
120.         alert("Fats Shelf : This is not a healthy choice");↵
121.     }↵
122. </script>↵
123. <script>↵
124.     function myFunction1() {↵
125.         alert("Protein Shelf : Limit your choice!");↵
126.     }↵
127. </script>↵
128. <script>↵
129.     function myFunction2() {↵
130.         alert("Diary Shelf");↵
131.     }↵
132. </script>↵
133. <script>↵
134.     function myFunction3() {↵
135.         alert("Wholegrains Shelf");↵
136.     }↵
137. </script>↵
138. <script>↵
139.     function myFunction4() {↵
140.         alert("Fresh Fruit & Veg");↵
141.     }↵
142. </script>↵
143. <script>↵
144.     function myFunction5() {↵
145.         alert("Portion selector: Remember implement portion control");↵
146.     }↵
147. </script> ↵
148. ↵
149. <!--fruit_vegtables section-->↵
150. <div id="fruit_vegtable">↵
151.     ↵
152.     <h2>Fresh Fruit & Veg </h2>↵

```

```

153.         <p><
154.             The foods on this shelf are low in calories and contain fibre which
aids digestion.<
155.             They provide many important vitamins and minerals.<br><
156.             <strong> Choose 5 -7 servings a day.</strong><br><
157.             The foods in this shelf can help control body weight as part of a
healthy lifestyle<
158.             and contain nutrients that protect against heart disease and
cancer.<
159.             Enjoy a variety of coloured fruit and vegetables to benefit from
the different minerals<
160.             and vitamins each contains. Oranges, strawberries or kiwifruit are
rich in vitamin C which aids iron<
161.             absorption.<
162.             Most fruit and vegetables are fat free.<
163. <
164.         </p><
165.         <table><
166.             <tr><
167.                 <td><
168.                     
</td><
169.                 <td><
170.                     
</td><
171.                 <td><
172.                     
</td><
173.                 <td><
174.                     
</td><
175.             </tr><
176.             <
177.                 <td>seasonal</td><
178.                 <td>fruit</td><
179.                 <td>vegetable</td><
180.                 <td>seasonal_vegetable</td><
181.             </table><
182.             <p><
183.                 <strong>Healthy Eating Tip</strong><s><br> Base your meals on
vegetables,<
184.                 salad and fruit. Add salad vegetables to sandwiches.<
185.                 Limit fruit juice to once a day with a meal and always choose
unsweetened.<
186.                 Choose fruit and raw vegetables such as chopped carrots as tasty,
healthy snacks.<
187.                 Add vegetables to stir-fries, stews and curries - the more
vegetables the better.<
188.             <
189.             </p><
190.         </div><
191.         <!--wholegrain section--><
192.         <div id="wholegrains"><
193.             <h2>Carbohydrates </h2><
194.             <p><strong>Wholemeal cereals and breads, potatoes, pasta and rice
</strong><br><
195.             The foods on this shelf are the best energy providers for your
body. <br><
196.             <strong>Choose 3 to 5 servings a day.Up to 7 servings for teenage
boys and men aged 19-50.<
197.             </strong><
198.             <strong>Very active people will need more.</strong><br>Wholegrain
choices contain fibre to help your digestive<
199.             system and can protect against bowel diseases. Wholemeal breads,
cereals and potatoes provide the best<
200.             energy for the body to work. The amount of energy you need depends
on your physical activity levels. Adults<
201.             watching their weight will need less. <strong>The number of
servings you need depends on age, size, if you are a man or<
202.             a woman and on activity levels.</strong><
203.         </p><

```

```

204.     <table>↵
205.         <tr>↵
206.             <td>↵
207.                 
208.             </td>↵
209.             <td>↵
210.                 
211.             </td>↵
212.             <td>↵
213.                 
214.             </td>↵
215.         </tr>↵
216.     <td>potatoes</td>↵
217.     <td>wheat</td>↵
218.     <td>pasta</td>↵
219.     <td>bread</td>↵
220. </table>↵
221. <P><strong>Healthy Eating Tips</strong> <br>Choose a variety of foods
222. from this shelf every day. ↵
223.     Try using brown rice and wholewheat pasta and check your portion
224. guide.↵
225. </P>↵
226. </div>↵
227. <!--dairy section-->↵
228. <div id="dairy">↵
229.     <h2>Cheese Milk & Yogurt</h2>↵
230.     <p><strong>Milk, yogurt and cheese</strong> <br>Calcium found in dairy
231. foods is important for bone health and especially during the teenage growth
232. spurt.↵
233.     Vitamin D helps absorb calcium better. The Irish diet is low in
234. vitamin D - talk to your pharmacist or doctor about taking a supplement.↵
235.     Low fat options provide the same amount of calcium and other
236. nutrients with fewer calories and saturated fat. ↵
237.     All foods from this shelf are a good source of calcium, protein,
238. vitamin B12, riboflavin and vitamin A. ↵
239. </p>↵
240. <table>↵
241.     <tr>↵
242.         <td>↵
243.             </td>↵
244.         <td>↵
245.             </td>↵
246.         <td>↵
247.             </td>↵
248.         <td>↵
249.             </td>↵
250.         </td>↵
251.     </tr>↵
252.     <td>cheese</td>↵
253.     <td>milk</td>↵
254.     <td>greek yogurt</td>↵
255.     <td>yogurt</td>↵
256. </table>↵
257. <P><strong> Healthy Eating Tips </strong><br>Choose reduced-fat or low-
258. fat varieties.↵
259.     Choose low fat milk and yogurt more often than cheese. Milk on
260. cereal can be a good ↵
261. way to reach 5 servings a day if aged 9 to 18 years. Some yogurts
262. and yogurt drinks ↵
263. can have added sugar. Check the label.If choosing dairy
264. alternatives such as soya milk and yogurts,↵
265. choose those with added calcium. </P>↵
266. </div>↵
267. <!--healthy_protein section-->↵
268. <div id="healthy_protein">↵
269.     <h2>Tasty Mains </h2>↵
270.     <p><strong>Meat, poultry, fish, eggs, beans and nuts</strong><br>↵

```

```

260.         The foods on this shelf provide protein for growth and repair. ↵
261.         They are also the main source of iron for healthy blood.↵
262.         <strong>Choose 2 servings a day. ↵
263.     </strong><br>Lean red meat is a good source of iron.↵
264.         Chicken, turkey and fish are good low-fat options. Oily fish
provides essential omega 3 fats. ↵
265.         Beans and eggs are good sources of protein and are low in fat. ↵
266.         They are a good choice for meat free days.↵
267.         Limit processed salty meats such as sausages, bacon and ham – not
every day. ↵
268.     </p>↵
269.     <table>↵
270.         <tr>↵
271.             <td>↵
272.                 
</td>↵
273.             <td>↵
274.                 
</td>↵
275.             <td>↵
276.                 
</td>↵
277.             <td>↵
278.                 
</td>↵
279.         </tr>↵
280.     ↵
281.         <td>raw protein</td>↵
282.         <td>fresh protein </td>↵
283.         <td>healthy protein</td>↵
284.         <td>tender steak</td>↵
285.     </table>↵
286.     <P><strong>Healthy Eating Tips</strong> Base your meals on
vegetables, salad and fruit. ↵
287.         Add salad vegetables to sandwiches. Limit fruit juice to once a day
with a meal and always choose unsweetened. Choose fruit and raw vegetables such
as chopped carrots as tasty, healthy snacks. ↵
288.         Add vegetables to stir-fries, stews and curries – the more
vegetables the better.↵
289.     </P>↵
290.     ↵
291. </div>↵
292. <!--fats section-->↵
293. <div id="fats">↵
294.     <h2>Fatty Oils</h2>↵
295.     <p><strong>Foods and drinks high in fat, sugar and salt</strong>↵
296.         Most people consume snacks high in fat, sugar and salt and sugar
sweetened drinks up to ↵
297.         6 times a day (Healthy Ireland Survey 2016). There are no
recommended servings for this shelf ↵
298.         because they are not needed for good health. These foods have
little nutritional value and may ↵
299.         cause obesity which can lead to heart disease, type 2 diabetes and
some cancers. Many processed↵
300.         foods like cakes, biscuits and confectionery contain high levels
of added sugars and can be ↵
301.         high in calories. Eating too much salt can lead to raised blood
pressure, which triples your ↵
302.         chances of developing heart disease and stroke. Many processed
foods like takeaways and ready ↵
303.         meals are high in fat and can be harmful to heart health.
↵
304.     </p>↵
305.     <table>↵
306.         <tr>↵
307.             <td>↵
308.                 </td>↵
309.             <td>↵
310.                 </td>↵
311.             <td>↵
312.                 </td>↵

```



```

313.         <td>↵
314.             </td>↵
315.     </tr>↵
316. ↵
317.         <td>butter & oil</td>↵
318.         <td>spread</td>↵
319.         <td>candy</td>↵
320.         <td>fries</td>↵
321.     </table>↵
322.     <P><strong>Healthy Eating Tips</strong> Limit foods and drinks high in
fat, sugar and salt to sometimes ↵
323.         - not every day. Choose smaller amounts or fun-size servings. Limit
chips and takeaway food as much ↵
324.         as possible - most are very high in fat, salt and calories. ↵
325.         Choose healthy snacks such as fruit and vegetables. Drink water
instead of sugary drinks.↵
326.     </P>↵
327. ↵
328. </div>↵
329. <!--serving guide section-->↵
330. <div id="portion">↵
331.     <h2>How much to eat</h2>↵
332.     <p><strong>Serving Size Guide</strong> <br><strong><em>1 serving</em>
</strong>↵
333.         <br><strong>Cereals, cooked rice and pasta </strong><br>Use a 200ml
disposable plastic cup to guide portion serving size.<br> Reduced fat spread
Portion packs of reduced fat spread found in cafes can guide the amount you
use. <br>One should be enough for two slices of bread. <br>↵
334.         <strong>Vegetable, salad and fruit </strong><br>Use a 200ml
disposable plastic cup to guide portion serving size. <br>Oils Use one teaspoon
of oil per person when cooking or in salads. cup dry porridge oats or ½ cup
unsweetened muesli 1 cup flaked type breakfast cereal 1 cup cooked rice, pasta
or noodles Apple, orange, pear or banana 1 Plums, kiwis or mandarin oranges 2
Strawberries 6 Grapes 10 Raspberries 16 Cooked vegetables - fresh or frozen ½
cup Salad - lettuce, tomato, cucumber 1 bowl <br>↵
335.         <strong>Meat, poultry and fish</strong> <br>The palm of the hand,
width and depth without↵
336.         fingers and thumbs, shows how much meat, poultry and fish you need
in a day. Lean beef, ↵
337.         lamb, pork, mince or poultry 50-75g cooked (half size of palm of
hand) Cooked fish 100g <br>↵
338.         <strong>Cheese </strong><br>Use two thumbs, width and depth to
guide portion size.2 thumbs (25g) of hard or semi-hard cheese such as cheddar
or edam 2 thumbs (25g) soft cheese such as brie or camembert 2↵
339.         ↵
340.     ↵
341. </p>↵
342. ↵
343. </div>↵
344. <!--footer section-->↵
345. <div id="footer">↵
346.     <h2>Contact Me!</h2>↵
347.     <p>Sinead's Mobile: +353 876030099</p>↵
348.     <p>Copyrigt &copy; 2022 , SJK_Code</p>↵
349.     <p>All rights reserved!<br>↵
350.         developed and maintained by SJK</p>↵
351.     <hr>↵
352. <!-- section for navigation-->↵
353. <div>↵
354.     <nav>↵
355.         <span>↵
356.             <ul>↵
357.                 <a href="#home">Home</a>|↵
358.                 <a href="#fruit_vegtable">Fruit & Veg</a>|↵
359.                 <a href="#wholegrains">Wholegrains</a>|↵
360.                 <a href="#dairy">Dairy</a>|↵
361.                 <a href="#healthy_protein">Raw Protein</a>|↵
362.                 <a href="#fats">Fats</a>|↵
363.                 <a href="#portion">Portion Guideline</a>|↵
364.                 <a href="#footer">Contact</a>↵
365.             </ul>↵

```



```
366.         </span>↵
367.     </nav>↵
368. </div>↵
369. </div>↵
370. ↵
371. </body>↵
372. ↵
373. </html>
```

Used the HTML parser.

Total execution time 37 milliseconds.

[About this checker](#) • [Report an issue](#) • Version: 22.8.22