PROMINEO TECH

Front End Technologies Week 7 Coding Assignment

Points possible: 75

URL to GitHub Repository: https://github.com/Stringerdt/Week7_Coding_Assignment

URL to Video Explanation: https://youtu.be/Ao3f8K8lwB8

Instructions: In VS Code, or an IDE of your choice, write the code that accomplishes the objectives listed below. Ensure that the code compiles and runs as directed. Take screenshots of the code and of the running program (make sure to get screenshots of all required functionality) and paste them in this document where instructed below. Create a new repository on GitHub for this week's assignments and push this document, with your project code, to the repository. Add the URL for this week's repository to this document where instructed and submit this document to your instructor when complete.

Coding Steps:

1. Create a website using only HTML. The website can be anything you like (within school guidelines) as long as it meets the following criteria – website must contain:
   a. At least 3 pages
   b. Links to navigate between all pages present on each page
   c. A list
   d. 3 images
   e. 2 different size headers
   f. A table
   g. A form

Screenshots of Code:

- **index.html**

```html
1  <!DOCTYPE html>
2  <html lang="en">
3  <head>
4      <meta charset="UTF-8">
5      <meta http-equiv="X-UA-Compatible" content="IE=edge">
6      <meta name="viewport" content="width=device-width, initial-scale=1.0">
7      <link rel="stylesheet" href="styles/app.css">
8      <title>Week 7 Home Page</title>
9  </head>
10 <body>
11     <nav class="mainNav">
12         <li class="navbarLink"><a href="viewRecipes.html">View Recipes</a></li>
13         <h1 class="mainHeader">Home Page</h1>
14         <li class="navbarLink"><a href="viewPlan.html">View Current Plan</a></li>
15     </nav>
16
```

```html
<div class="mainWrapper">
    <div class="formWrapper">
        <form action="">

            <label class="formLabel" for="">Age</label>
            <input class="formTextInput formAgeTextLabel" type="text">
            <br>
            <br>

            <label class="formLabel" for="">Weight</label>
            <input class="formTextInput" type="text">
            <span class="formUnit">lbs</span>
            <br>
            <br>

            <label class="formLabel" for="">Height</label>
            <input class="formTextInput formHeightTextLabel" type="text">
            <span class="formUnit">ft</span>
            <input class="formTextInput" type="text">
            <span class="formUnit">in</span>
            <br>
            <br>

            <span class="formLabel formRadioLabel">M/F</span>
            <input class="formRadioInput"type="radio" id="radioInputM" name="genderInput">
            <label class="formRadioOption"for="radioInputM">M</label>
            <input class="formRadioInput"type="radio" id="radioInputF" name="genderInput">
            <label class="formRadioOption"for="radioInputF">F</label>

            <br>
            <br>

            <label class="formLabel formActivityLabel" for="FormActivityLevel">Activity Level</label>
            <select class="formSelect" name="" id="FormActivityLevel">
                <option value="sedimentary">Sedimentary</option>
                <option value="light">Light</option>
                <option value="moderate">Moderate</option>
                <option value="active">Active</option>
                <option value="veryActive">Very Active</option>
            </select>
            <br>
            <br>

            <label class="formLabel" for="FormWeightLossSelect">Weight Loss Goal</label>
            <select class="formSelect" name="" id="FormWeightLossSelect">
                <option value="maintain"> Maintain</option>
                <option value="mild"> .5lb / week</option>
                <option value="normal"> 1lb / week</option>
                <option value="extreme"> 2lbs / week</option>
            </select>
            <br>
            <br>

            <button class="formSubmitBtn">Generate Meal Plan!</button>
        </form>
    </div>
</div>
```

```html
<div class="currentPlanWrapper">
    <div class="currentPlanBlock">
        <h3 class="currentPlanHeader">Breakfast</h3>
        <img src="images/Bacon_&_Eggs.jpg" alt="" class="currentPlanImage">
        <a class="currentPlanMeal" href="/templates/viewMeal.html">Bacon and Eggs</a>
    </div>
    <div class="currentPlanBlock">
        <h3 class="currentPlanHeader">Lunch</h3>
        <img src="images/Turkey_Wrap.png" alt="" class="currentPlanImage">
        <a class="currentPlanMeal" href="/templates/viewMeal.html">Turkey Wrap</a>
    </div>
    <div class="currentPlanBlock">
        <h3 class="currentPlanHeader">Dinner</h3>
        <img src="images/Stovetop_Chicken.jpg" alt="" class="currentPlanImage">
        <a class="currentPlanMeal" href="/templates/viewMeal.html">Stovetop Chicken</a>
    </div>
    <div class="currentPlanBlock">
        <h3 class="currentPlanHeader">Snack</h3>
        <img src="images/Kale_Chips.jpg" alt="" class="currentPlanImage">
        <a class="currentPlanMeal" href="/templates/viewMeal.html">Kale Chips</a>
    </div>
    <div class="currentPlanBlock">
        <h3 class="currentPlanHeader">Drink</h3>
        <img src="images/Water.jpg" alt="" class="currentPlanImage">
        <a class="currentPlanMeal" href="/templates/viewMeal.html">Water</a>
    </div>
</div>
</div>


</body>
</html>
```

-viewPlan.html

```html
<body>
    <nav class="mainNav">
        <h1 class="mainHeader">Current Meal Plan</h1>
    </nav>

    <table class="mealPlanTable">
        <tr>
            <th>Meal</th>
            <th>Monday</th>
            <th>Tuesday</th>
            <th>Wednesday</th>
            <th>Thursday</th>
            <th>Friday</th>
            <th>Saturday</th>
            <th>Sunday</th>
        </tr>
        <tr>
            <th class="mealPlanMealType">Breakfast</th>
            <td><a href="/templates/viewMeal.html">Eggs and Bacon</a></td>
            <td>French Toast</td>
            <td>Cereal</td>
            <td>Pancakes</td>
            <td>Oatmeal</td>
            <td>Biscuits and Gravy</td>
            <td>Fast Day</td>
        </tr>
        <tr>
            <th class="mealPlanMealType">Lunch</th>
            <td>Turkey Wrap</td>
            <td>Soup</td>
            <td>PB&J Sandwich</td>
            <td>Grilled Cheese</td>
            <td>Baked Potato</td>
            <td>Pizza</td>
            <td>Fast Day</td>
        </tr>
        <tr>
            <th class="mealPlanMealType">Dinner</th>
            <td>Stovetop Chicken</td>
            <td>Hamburger & Fries</td>
            <td>BBQ Pork</td>
            <td>Tacos</td>
            <td>Red Pepper Chicken</td>
            <td>Steak</td>
            <td>Fast Day</td>
        </tr>
```

```html
        </tr>
        <tr>
            <th class="mealPlanMealType">Snacks</th>
            <td>Kale Chips</td>
            <td>Yogurt</td>
            <td>None</td>
            <td>Beef Stick</td>
            <td>Cheese and Crackers</td>
            <td>Nachos</td>
            <td>Fast Day</td>
        </tr>
        <tr>
            <th class="mealPlanMealType">Drinks</th>
            <td>Water</td>
            <td>1 Soda</td>
            <td>Water</td>
            <td>1 Soda</td>
            <td>Water</td>
            <td>2 Sodas</td>
            <td>Water</td>
        </tr>
    </table>

    <footer class="mainMenuFooter">
        <a href="index.html">Return to Main Menu</a>
    </footer>

</body>
</html>
```

- **viewRecipes.html**

```html
<nav class="mainNav">
    <h1 class="mainHeader">Recipe List</h1>
</nav>
<!-- Link to Meal Info Options Page, will have images and details -->

<div class="categoryListWrapper">
    <div class="categoryWrapper">
        <p class="categoryHeader">Breakfast</p>
        <div>
            <ul class="mealList">
                <li class="mealListItem">
                    <a href="templates/viewMeal.html">Bacon and Eggs</a>
                </li>
                <li class="mealListItem">
                    <a href="">French Toast</a>
                </li>
                <li class="mealListItem">
                    <a href="">Cereal</a>
                </li>
                <li class="mealListItem">
                    <a href="">Pancakes</a>
                </li>
                <li class="mealListItem">
                    <a href="">Oatmeal</a>
                </li>
                <li class="mealListItem">
                    <a href="">Biscuits and Gravy</a>
                </li>
            </ul>
        </div>
    </div>
    <div class="categoryWrapper">
        <p class="categoryHeader">Lunch</p>
        <ul class="mealList">
            <li class="mealListItem">
                <a href="">Turkey Wrap</a>
            </li>
            <li class="mealListItem">
                <a href="">Soup</a>
            </li>
            <li class="mealListItem">
                <a href="">PB&J Sandwich</a>
            </li>
            <li class="mealListItem">
                <a href="">Grilled Cheese</a>
            </li>
            <li class="mealListItem">
                <a href="">Baked Potato</a>
            </li>
            <li class="mealListItem">
                <a href="">Pizza</a>
            </li>
        </ul>
    </div>
```

```html
<div class="categoryWrapper">
    <p class="categoryHeader">Dinner</p>
    <ul class="mealList">
        <li class="mealListItem">
            <a href="">Stovetop Chicken</a>
        </li>
        <li class="mealListItem">
            <a href="">Hamburger and Fries</a>
        </li>
        <li class="mealListItem">
            <a href="">BBQ Pork</a>
        </li>
        <li class="mealListItem">
            <a href="">Tacos</a>
        </li>
        <li class="mealListItem">
            <a href="">Red Pepper Chicken</a>
        </li>
        <li class="mealListItem">
            <a href="">Steak</a>
        </li>
    </ul>
</div>
<div class="categoryWrapper">
    <p class="categoryHeader">Snack</p>
    <ul class="mealList">
        <li class="mealListItem">
            <a href="">Beef Stick</a>
        </li>
        <li class="mealListItem">
            <a href="">Yogurt</a>
        </li>
        <li class="mealListItem">
            <a href="">Kale Chips</a>
        </li>
        <li class="mealListItem">
            <a href="">Cheeese and Crackers</a>
        </li>
        <li class="mealListItem">
            <a href="">Nachos</a>
        </li>
    </ul>
</div>
<div class="categoryWrapper">
    <p class="categoryHeader">Drink</p>
    <ul class="mealList">
        <li class="mealListItem">
            <a href="">Water</a>
        </li>
        <li class="mealListItem">
            <a href="">Soda</a>
        </li>
        <li class="mealListItem">
            <a href="">Orange Juice</a>
        </li>
```

```html
        </li>
        <li class="mealListItem">
            <a href="">Protein Shake</a>
        </li>
        <li class="mealListItem">
            <a href="">Milk</a>
        </li>
    </ul>
</div>
</div>

<footer class="mainMenuFooter">
    <a href="index.html">Return to Main Menu</a>
</footer>
</body>
</html>
```

- **templates/viewMeal.html**

```html
<nav class="mainNav">
    <h1 class="mainHeader">Meal View</h1>
</nav>

<p class="mealViewDisclaimer">Example of meal view template - all meal anchor tags link here</p>
<div class="mealViewMainWrapper">

    <div class="mealViewHeader">
        <h2>Bacon and Eggs - Breakfast</h2>
    </div>

    <div class="mealViewImageWrapper">
        <img class="mealViewImage" src="../images/Bacon_&_Eggs.jpg" alt="">
    </div>

    <div class="mealViewInfoWrapper">
        <h3>Nutrition Facts</h3>
        <p class="mealViewCalories">Calories: 484</p>
        <div class="mealViewMacroWrapper">
            <span>Fat: 38.2g</span>
            <span>Carbs: 2.2g</span>
            <span>Protein: 29.7g</span>
        </div>

    </div>

    <div class="mealViewIngredientWrapper">
        <h3>Ingredient List</h3>
        <ul class="mealViewIngredientList">
            <li>3 large eggs</li>
            <li>1 tablespoon of butter</li>
            <li>4 slices of bacon</li>
            <li>1/4 teaspoon of salt</li>
            <li>1/4 teaspoon of pepper</li>
        </ul>
    </div>
```
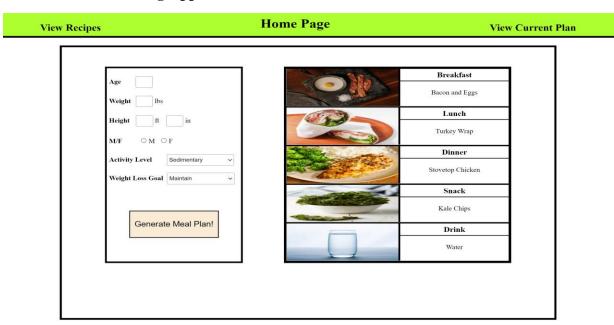
```
        </ul>
    </div>

    <div class="mealViewRecipeWrapper">
        <h3>Recipe</h3>
        <ol class="mealViewRecipe">
            <li>heat skillet on med-high heat</li>
            <li>crack eggs in bowl; add salt and pepper and scramble.</li>
            <li>add eggs and butter to skillet; stir periodically.</li>
            <li>once the eggs start to coagulate, lower heat and cover.</li>
            <li>place bacon slices on paper towel; microwave 40 seconds.</li>
            <li>once eggs are cooked, serve on warm plate.</li>
        </ol>
    </div>
</div>

<footer class="mainMenuFooter">
    <a href="../index.html">Return to Main Menu</a>
</footer>

</body>
</html>
```

Screenshots of Running Application:

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Recipe List

Breakfast	Lunch	Dinner	Snack	Drink
Bacon and Eggs	Turkey Wrap	Stovetop Chicken	Beef Stick	Water
French Toast	Soup	Hamburger and Fries	Yogurt	Soda
Cereal	PB&J Sandwich	BBQ Pork	Kale Chips	Orange Juice
Pancakes	Grilled Cheese	Tacos	Cheeese and Crackers	Protein Shake
Oatmeal	Baked Potato	Red Pepper Chicken	Nachos	Milk
Biscuits and Gravy	Pizza	Steak		

Return to Main Menu

Current Meal Plan

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Eggs and Bacon	French Toast	Cereal	Pancakes	Oatmeal	Biscuits and Gravy	Fast Day
Lunch	Turkey Wrap	Soup	PB&J Sandwich	Grilled Cheese	Baked Potato	Pizza	Fast Day
Dinner	Stovetop Chicken	Hamburger & Fries	BBQ Pork	Tacos	Red Pepper Chicken	Steak	Fast Day
Snacks	Kale Chips	Yogurt	None	Beef Stick	Cheese and Crackers	Nachos	Fast Day
Drinks	Water	1 Soda	Water	1 Soda	Water	2 Sodas	Water

Return to Main Menu

Meal View

Example of meal view template - all meal anchor tags link here

Bacon and Eggs - Breakfast

Ingredient List
- 3 large eggs
- 1 tablespoon of butter
- 4 slices of bacon
- 1/4 teaspoon of salt
- 1/4 teaspoon of pepper

Recipe
1. heat skillet on med-high heat
2. crack eggs in bowl; add salt and pepper and scramble.
3. add eggs and butter to skillet; stir periodically.
4. once the eggs start to coagulate, lower heat and cover.
5. place bacon slices on paper towel; microwave 40 seconds.
6. once eggs are cooked, serve on warm plate.

Nutrition Facts

Calories: 484

Fat: 38.2g   Carbs: 2.2g   Protein: 29.7g

Return to Main Menu