**HTML** and **XHTML** are both languages in which web pages are written. HTML is [SGML](http://en.wikipedia.org/wiki/Standard_Generalized_Markup_Language)-based while XHTML is [XML](http://en.wikipedia.org/wiki/XML)-based. They are like two sides of the same coin. XHTML was derived from HTML to conform to XML standards. Hence XHTML is strict when compared to HTML and does not allow user to get away with lapses in coding and structure.