

## 4.06 Assignment Instructions

**Instructions:** Write a program that offers the user a menu with choices.

1. Create a new project called 4.06 Wellness Information in your Mod04 Assignments folder.
2. Create a class called WellnessMenu in the newly created project folder.
3. Download the partially completed WellnessMenu.java file to the newly created project.
4. Notice that the shell of this program is provided, so all you need to do is complete the code. You will just set this menu up test the use of the if/else if/else structure, not to display actual information.
5. This program should present the user with a menu of at least five options (e.g. BMI, BMR, Healthy Eating, Food Pyramid, Fitness Training, Fast Food, etc.). Use the MathMenu class as a design model.
6. Remember, this assignment is simply to help you test the a menu structure with conditional statements. There is no need to find actual information about each of these topics, just enter a print statement for each menu choice so that you can test the flow of control through the menu. Use the sample print statement for the first option as a guide.
7. The program should accept uppercase and lowercase letters for each menu option.
8. The program should alert the user if a non menu item character has been entered.
9. Design a user-friendly menu and display the output for each option neatly.



**Expected Output:** The screen display for input and output is completely up to you. Just be sure that it is user-friendly and the conditional control structure works correctly.