




To view the development of the test, please go to the directory console and run the npm run serve command to start the vue application.  
Then you will can see the front end like this .






### ANSWER YOUR BODY'S NEEDS

The way ingredients are sourced affects the way we nourish our bodies. Author Mark Schatzer believes our body naturally develops an appetite for the food and the nutrients it needs to be healthy, but artificial flavorings are getting in the way. This can be reversed by focusing on high-quality ingredients and being mindful as your appetite guides you to consume according to your body's needs.

**BE MINDFUL**

Sourcing local or organic food is a good way to start being more mindful about what you're cooking and eating.


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