

Calorie Tracker: Project Assignment Frontend

The goal of this assignment is to have a static frontend for our calorie tracker with HTML & CSS. We will first build the structure using HTML. As we have learned, CSS frameworks allow us to style our structure without writing the CSS ourselves. This is why we include Bootstrap after writing the HTML, so that we can bring style into our static website without a lot of work. In the end, we will add some custom CSS, to add some final styling to our static website.

For each step, you will be provided with a screenshot. Based on this, you should implement the HTML, so that it looks like in the screenshot. There are sample solutions after each step and you can always go back to them if you mess up. Please don't jump ahead and try to solve the exercise yourself.

Before you start, make a Git branch and work on this branch.

If you are stuck, you can always reach out to us on Slack. You will also have the opportunity to ask questions at the beginning of the next campus day.

Step 1: Basic Structure

← → ⌂ ⓘ file:///Users/marion/code/master21/calorietracker/index1.html

Calorie Tracker

Why should we track calories?

1. Your body counts them, so you need to as well
2. People suck at estimating calorie intake and expenditure
3. It makes monitoring progress easier
4. People who tell you calories don't count are usually promoting a guru system or dogmatic approach
5. It allows for dietary freedom

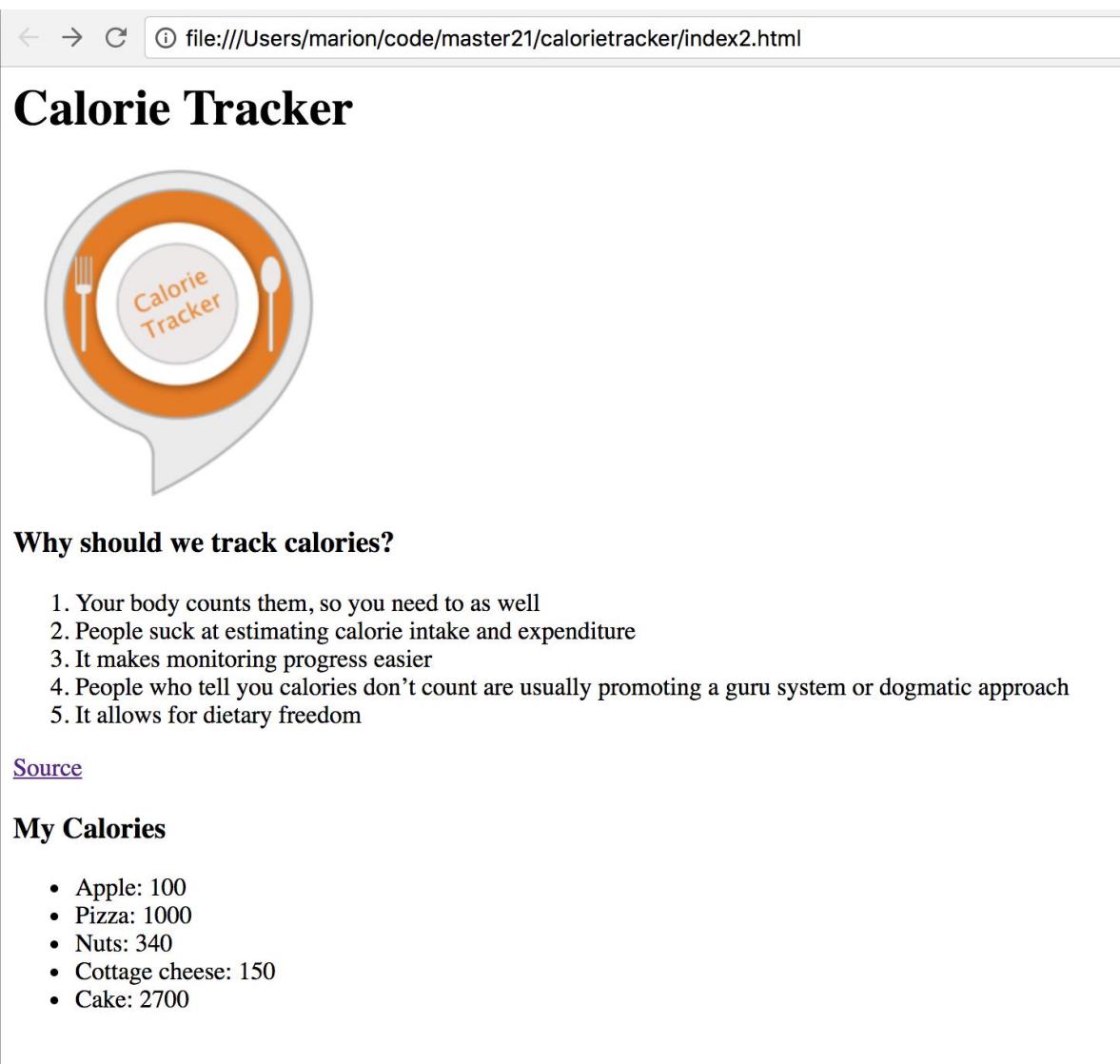
My Calories

- Apple: 100
- Pizza: 1000
- Nuts: 340
- Cottage cheese: 150
- Cake: 2700

Step 2: Add a Picture and a Link

Hints:

- The link called “Source” should direct to:
[“<http://www.healthylivingheavylifting.com/5-reasons-you-need-to-count-calories/>”](http://www.healthylivingheavylifting.com/5-reasons-you-need-to-count-calories/) and it should open a new tab.
- In the project folder, create a folder called “images” and save the logo there.
- You find the image here:
[“\[https://images-na.ssl-images-amazon.com/images/I/61s2HLYntQL._SL210_QL95_BG0.0.0_FMpng_.png\]\(https://images-na.ssl-images-amazon.com/images/I/61s2HLYntQL._SL210_QL95_BG0.0.0_FMpng_.png\)”](https://images-na.ssl-images-amazon.com/images/I/61s2HLYntQL._SL210_QL95_BG0.0.0_FMpng_.png)
- You can also use any other image you like



The screenshot shows a web browser window with the URL `file:///Users/marion/code/master21/calorietracker/index2.html` in the address bar. The main content is a large heading "Calorie Tracker" and a circular logo featuring a fork, spoon, and knife, with the text "Calorie Tracker" inside. Below the logo, the text "Why should we track calories?" is followed by a numbered list of five reasons. At the bottom left, there is a link labeled "Source".

Calorie Tracker



Why should we track calories?

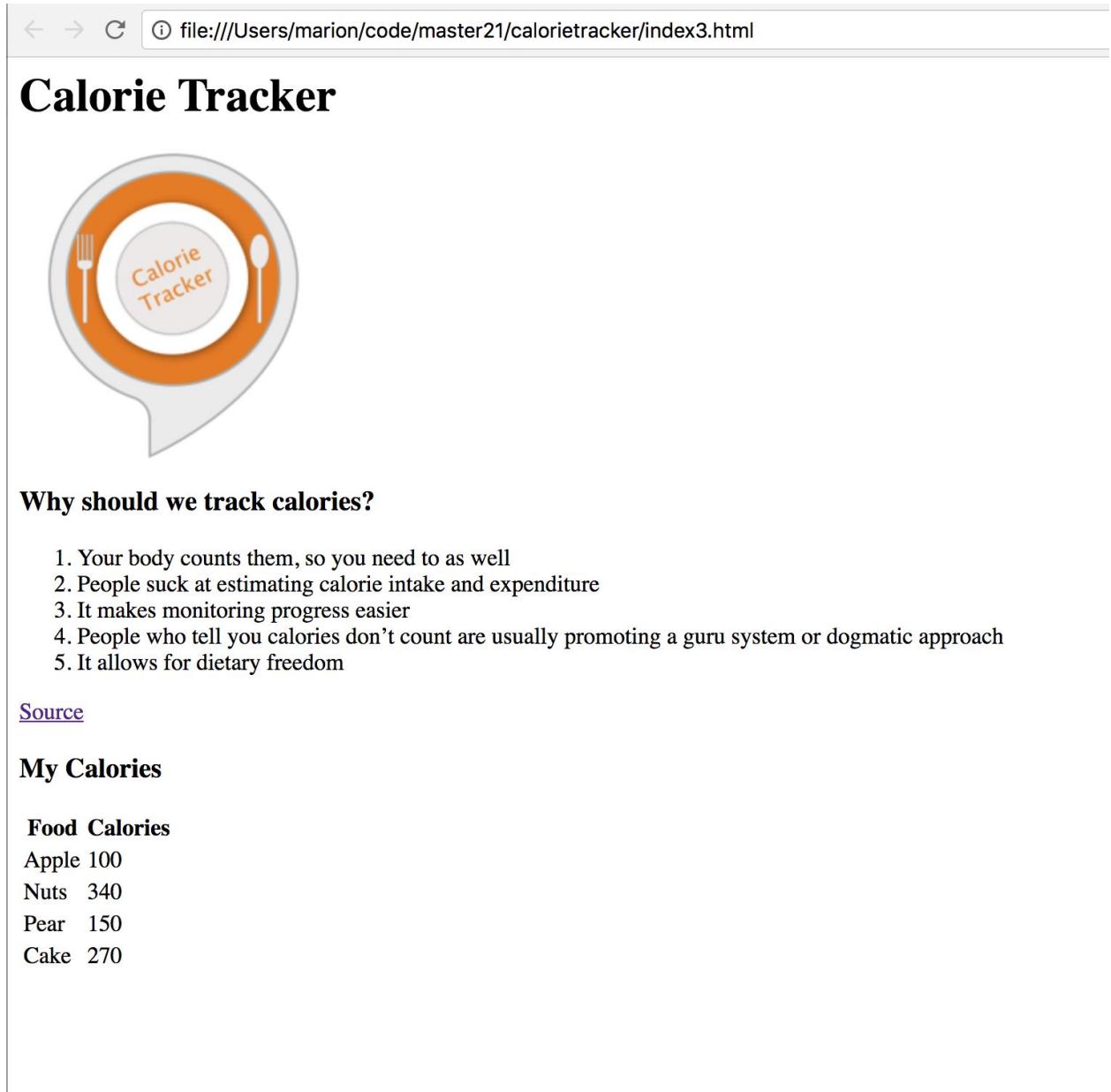
1. Your body counts them, so you need to as well
2. People suck at estimating calorie intake and expenditure
3. It makes monitoring progress easier
4. People who tell you calories don't count are usually promoting a guru system or dogmatic approach
5. It allows for dietary freedom

[Source](#)

My Calories

- Apple: 100
- Pizza: 1000
- Nuts: 340
- Cottage cheese: 150
- Cake: 2700

Step 3: Convert the List of Calories to a Table



The screenshot shows a web browser window with the URL `file:///Users/marion/code/master21/calorietracker/index3.html`. The page title is "Calorie Tracker". Below the title is a graphic of a plate with a fork and spoon, containing the text "Calorie Tracker". The main content area contains the following text:

Why should we track calories?

- 1. Your body counts them, so you need to as well
- 2. People suck at estimating calorie intake and expenditure
- 3. It makes monitoring progress easier
- 4. People who tell you calories don't count are usually promoting a guru system or dogmatic approach
- 5. It allows for dietary freedom

[Source](#)

My Calories

Food Calories

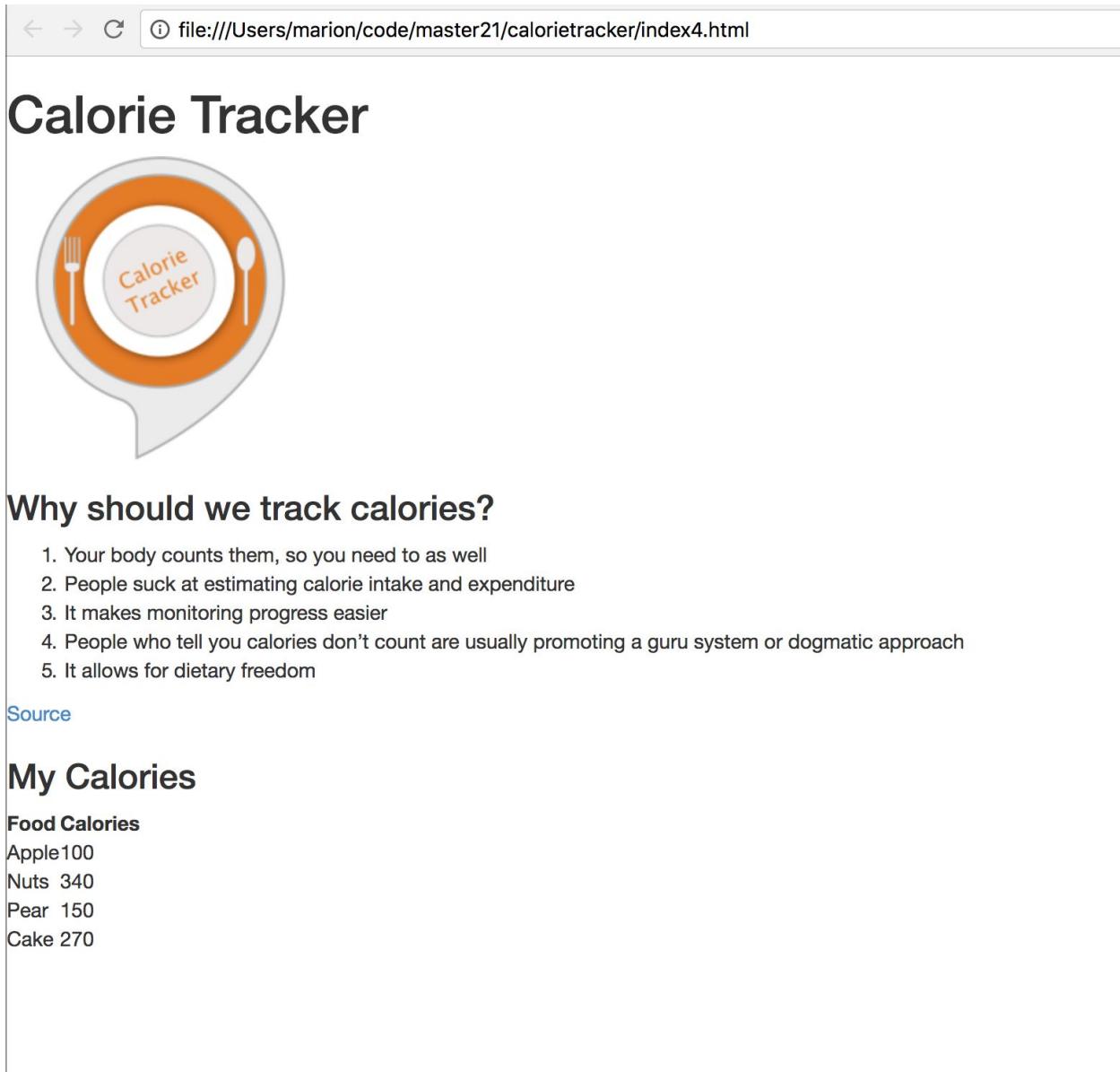
Food	Calories
Apple	100
Nuts	340
Pear	150
Cake	270

Step 4: Include Bootstrap

Add the following inside the <head> tag:

```
<link  
 href='https://maxcdn.bootstrapcdn.com/bootstrap/3.2.0/css  
 /bootstrap.min.css' rel='stylesheet'>
```

Reload the website in the browser. What has changed?



The screenshot shows a web browser window with the URL "file:///Users/marion/code/master21/calorietracker/index4.html". The page title is "Calorie Tracker". Below the title is a large orange circular icon containing a fork and spoon, with the text "Calorie Tracker" inside. The main content area is currently empty.

Why should we track calories?

1. Your body counts them, so you need to as well
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4. People who tell you calories don't count are usually promoting a guru system or dogmatic approach
5. It allows for dietary freedom

[Source](#)

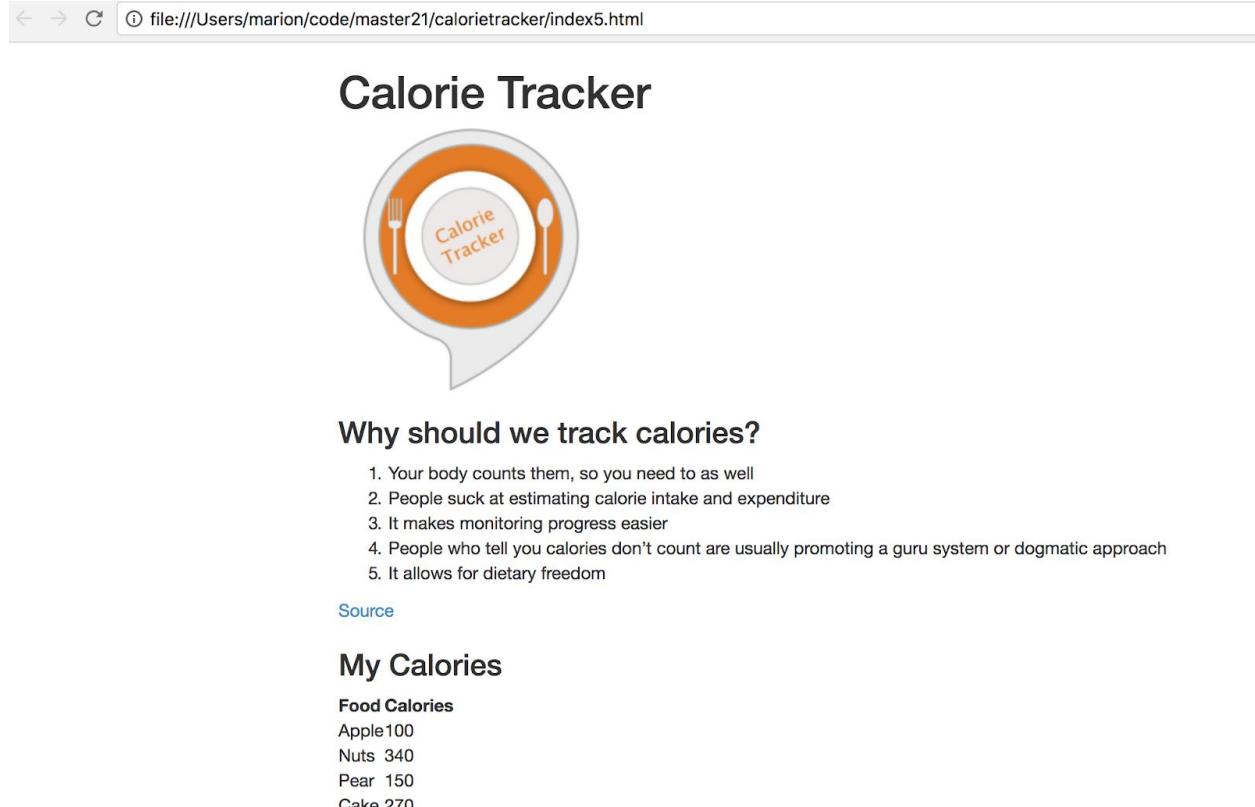
My Calories

Food Calories

Food	Calories
Apple	100
Nuts	340
Pear	150
Cake	270

Step 5: Use a container

The content of our page sticks to the left border of the window in an ugly way. Luckily bootstrap can help us to fix this! Read about how [here](#). Wrap the content in your body in a `div` with the `container` class.



A screenshot of a web browser displaying a "Calorie Tracker" page. The address bar shows the URL: file:///Users/marion/code/master21/calorietracker/index5.html. The page title is "Calorie Tracker". Below the title is a graphic of a plate with a fork and spoon, containing the text "Calorie Tracker". The main content section is titled "Why should we track calories?" and lists five reasons. Below this is a link to "Source". The final section is titled "My Calories" and displays a table of food items and their calorie counts.

Food	Calories
Apple	100
Nuts	340
Pear	150
Cake	270

Step 6: Style the ordered list

Next, let's style our ordered list a little bit more fancy. In Bootstrap, we have the list group feature. Check out the documentation [here](#). Style your list with the `list-group` and `list-group-item` CSS classes.

← → ⌂ ⓘ file:///Users/marion/code/master21/calorietracker/index6.html

Calorie Tracker



Why should we track calories?

- Your body counts them, so you need to as well
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- It allows for dietary freedom

[Source](#)

My Calories

Food	Calories
Apple	100
Nuts	340
Pear	150
Cake	270

Step 7: Style the Calories Table

Our table isn't very pretty yet. Let's give it a decent styling. Bootstrap makes this easy too: Here's the [documentation](#). Style the table using the table and table-hover CSS classes.

← → ⌂ file:///Users/marion/code/master21/calorietracker/index7.html

Calorie Tracker



Why should we track calories?

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[Source](#)

My Calories

Food	Calories
Apple	100
Nuts	340
Pear	150
Cake	270

Step 8: Add some custom CSS

There are things that cannot be styled with Bootstrap. But do not fear! We will now add some custom CSS to our website for the final touches.

In the CSS file, add CSS code to style your website as follows:

- Change the background color to this lobster color: #ffe6cc
- Put the title in the center of the page
- Put the logo in the center of the page
- Increase the font size of the source link

Calorie Tracker



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Source

My Calories

Food	Calories
Apple	100
Nuts	340
Pear	150
Cake	270

Step 7: Ideas for Extensions (choose at least one)

Please choose at least one of the three following ideas for extension. You can also choose several. Of course, you can also go wild and apply any changes you want.

1. Add a Bootstrap navigation bar to your website
 - Put the logo on the top left corner of your navigation bar
 - Look up the documentation [here](#)
2. Add food categories with Bootstrap badges
 - Add a new column to your calories table
 - Add food categories (e.g. "fruit", "carbs", "protein") as Bootstrap badges
 - Look up the documentation [here](#)
3. Add a new category with recipes
 - Add a recipes category with a title
 - Add Bootstrap cards for each recipe and link to the recipe
 - Look up the documentation [here](#)
4. Go crazy with your own ideas! Add new Bootstrap elements & custom CSS



Step 8: Push to Github & Merge

1. Review your changes
2. Add, commit & push your changes to Git
3. Make a pull request on Github
4. Merge your pull request
5. In your command line, change to your master branch and pull the latest version from Github

Step 9: Deployment

1. Go to branch 'gh-pages'
2. Merge the master branch in it
3. Git push
4. Go back to master branch

Step 9: Drop me a line

Send me a message on Slack, so that I can review your code.

Have fun 