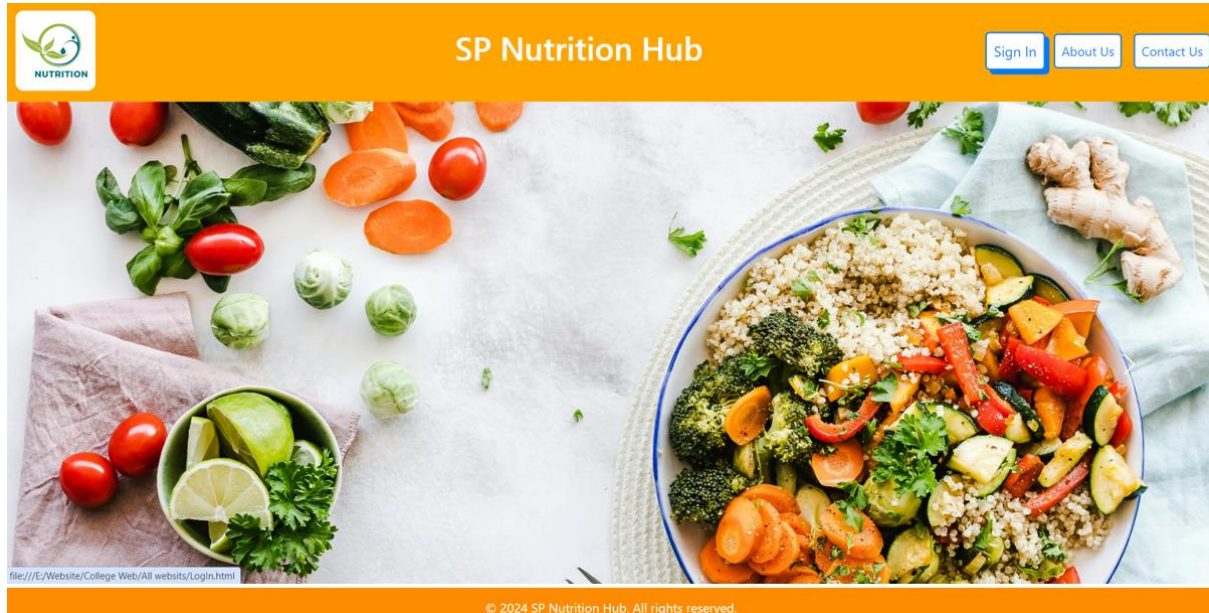# Home Page


```
<!DOCTYPE html>

<html lang="en">

<head>

  <meta charset="UTF-8">

  <meta name="viewport" content="width=device-width, initial-scale=1.0">

  <title>Home - SP Nutrition Hub</title>

  <link rel="stylesheet" href="bootstrap.min.css">

  <link rel="stylesheet" href="yt_style.css">

  </head>

<body>

  <nav class="navbar navbar-expand-lg navbar-light">

    <div class="container-fluid">

      <a class="navbar-brand" href="#">

        <img src="Nutrition_logo.jpg">

        <h1>SP Nutrition Hub</h1>

      </a>
```

```
<button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-target="#navbarNav" aria-controls="navbarNav" aria-expanded="false" aria-label="Toggle navigation">

    <span class="navbar-toggler-icon"></span>

</button>

<div class="collapse navbar-collapse justify-content-end" id="navbarNav">

  <ul class="navbar-nav">

    <li class="nav-item">

      <a class="nav-link" href="LogIn.html">Sign In</a>

    </li>

    <li class="nav-item">

      <a class="nav-link" href="About Us.html">About Us</a>

    </li>

    <li class="nav-item">

      <a class="nav-link" href="Contact Us.html">Contact Us</a>

    </li>

  </ul>

</div>

</div>

</nav>

<div id="nutritionCarousel" class="carousel slide" data-bs-ride="carousel" data-bs-interval="3000">

  <div class="carousel-inner">

  <div class="carousel-item active" style="background-image: url('n.jpg');">

  </div>

  <div class="carousel-item" style="background-image: url('img.png');">

  </div>

  <div class="carousel-item" style="background-image: url('ve.jpg');">

  </div>

  <div class="carousel-item" style="background-image: url('Fr_Ve.jpg');">
```

```
        </div>

      </div>

      <button class="carousel-control-prev" type="button" data-bs-target="#nutritionCarousel" data-bs-slide="prev">

        <span class="carousel-control-prev-icon" aria-hidden="true"></span>

        <span class="visually-hidden">Previous</span>

      </button>

      <button class="carousel-control-next" type="button" data-bs-target="#nutritionCarousel" data-bs-slide="next">

        <span class="carousel-control-next-icon" aria-hidden="true"></span>

        <span class="visually-hidden">Next</span>

      </button>

    </div>

    <footer>

      &copy; 2024 SP Nutrition Hub. All rights reserved.

    </footer>

    <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.3.0/dist/js/bootstrap.bundle.min.js"></script>

</body>

</html>
```

Home Page Css

```
.navbar {

  background-color: orange;

}

.navbar-brand img {

  width: 100px;

  height: 100px;

  margin-right: 10px;

  border-radius: 10px;

}
```
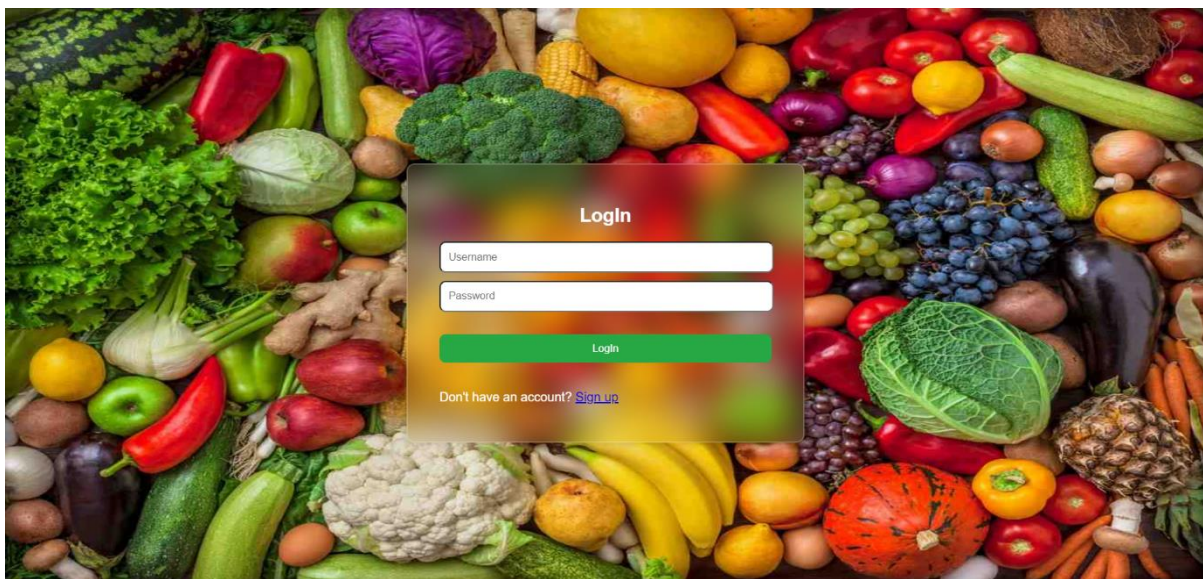
```css
.navbar-brand {

   display: flex;

   align-items: center;

}

h1{

   color: white;

   margin-left: 440px;

}

.navbar-nav .nav-link {

   color: #007BFF;

   font-size: 16px;

   padding: 8px 15px;

   margin-left: 15px;

   background-color: white;

   border-radius: 5px;

   border: 2px solid #007BFF;

}

.nav-link:hover {

   transform: scale(1.1);

   transition: transform 0.3s ease;

   box-shadow: 5px 5px 0px;

}

.carousel-item {

   height: 90vh;

   background-size: cover;

   background-position: center;

}

footer {

   background-color: #FF8C00;
```

color: white;

text-align: center;

padding: 15px 0;

}

SignIn Page

LogIn Page

<!DOCTYPE html>

<html lang="en">

<head>

    <meta charset="UTF-8">

    <meta name="viewport" content="width=device-width, initial-scale=1.0">

    <title>LogIn</title>

    <link rel="stylesheet" href="LogIn.css">

</head>

<body background="image jpg.jpg">

    <div class="login-container">

    <center><h2>LogIn</h2></center>

    <script>

```
function data()

{

    var a=document.getElementById("n1").value;

    var b=document.getElementById("n2").value;

    if(a==""||b=="")

    {

        alert("All Fields are Mendatory.");

        return false;

    }

    else if(b!=1234)

    {

        alert("Wrong Password!");

        return false;

    }

    else

    {

        true;

    }

}
</script>
<form action="Home.html" onsubmit="return data();">

    <input type="text" placeholder="Username" id="n1">

    <input type="password" placeholder="Password" id="n2"><br><br>

    <button class="login">LogIn</button><br>

    <br><p>Don't have an account? <a href="Register.html">Sign up</a></p>

</form>
</body>
</html>
```

Login Page Css

/* login.HTML */

body { font-family: Arial, sans-serif; background-color: #f4f4f4; display: flex; justify-content: center; align-items: center; height: 100vh;background-image: url(Fr_Ve.jpg);background-repeat: no-repeat;background-attachment: fixed;background-size: 100% 100%;}

input { margin-bottom: 10px; padding: 10px; width: 95%;border-radius: 8px;}

button { padding: 10px; width: 100%; background-color: #28a745; color: white; border: none; border-radius: 8px; border: 20px;}
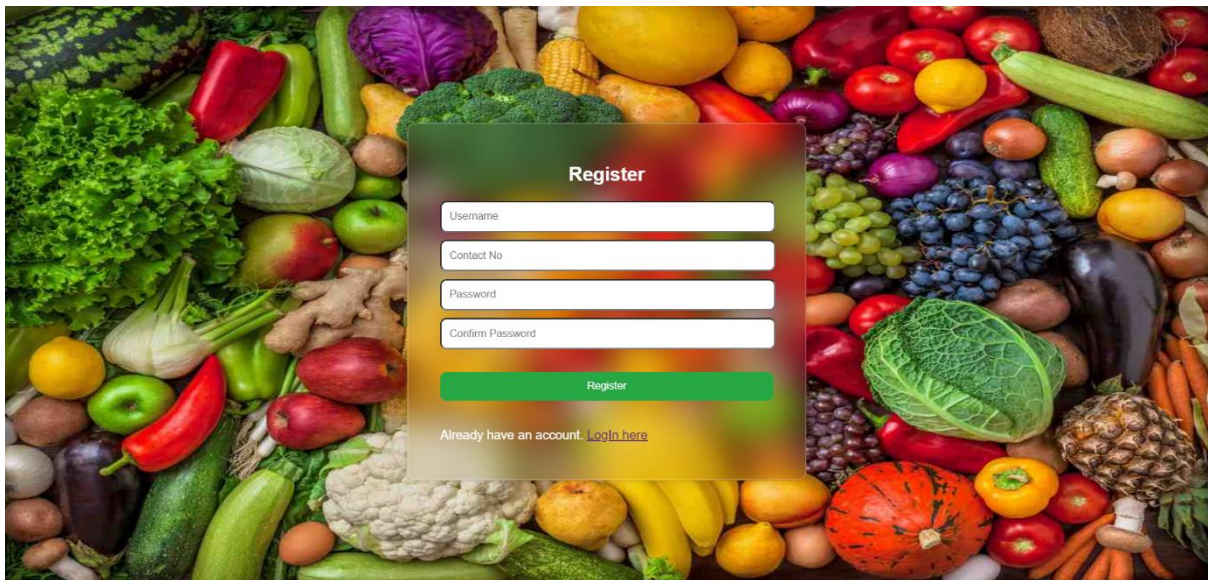
.login-container {

    width: 420px;

    background: transparent;

    border: 2px solid rgba(255, 255, 255, .2);

    backdrop-filter: blur(20px);

    box-shadow: 0 0 10px rgba(0, 0, 0,.2);

    color: rgb(255, 255, 255);

    border-radius: 10px;

    padding: 30px 40px;

}

.login:hover {

transform: scale(1.1);

background-color: blue;

box-shadow: 5px 5px 0px black;

}

SignIn Page

Register Page


```
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Register</title>
    <link rel="stylesheet" href="Register.css">
</head>
<body background="image jpg.jpg">
    <div class="login-container">
```

```
<center><h2>Register</h2></center>

<script>

  function data()

  {

    var a=document.getElementById("n1").value;

    var b=document.getElementById("n2").value;

    var c=document.getElementById("n3").value;

    var d=document.getElementById("n4").value;

    if(a==""||b==""||c==""||d=="")

    {

      alert("All Fields are Mendatory.");

      return false;

    }

    else if(b.length<10||b.length>10)

    {

      alert("Number should be of 10 Digits! Please enter valid Numbers.");

      return false;

    }

    else if(isNaN(b))

    {

      alert("Only Number are allowed! Please enter valid Numbers.");

      return false;

    }

    else if(c!=d)

    {

      alert("Please enter same Password");

      return false;

    }

    else
```

```
            {
                true;
            }
        }
    </script>


    <form action="Home.html" onsubmit="return data();">
        <input type="text" placeholder="Username" id="n1">
        <input type="text" placeholder="Contact No" id="n2">
        <input type="password" placeholder="Password" id="n3">
        <input type="password" placeholder="Confirm Password" id="n4"><br><br>
        <button class="register">Register</button><br>
        <br><p>Already have an account. <a href="LogIn.html">LogIn here</a></p>
    </form>
</body>
</html>
```

Register Page Css

```
/* Register.HTML */

body { font-family: Arial, sans-serif; background-color: #f4f4f4; display: flex; justify-content: center;
align-items: center; height: 100vh;background-image: url(Fr_Ve.jpg);background-repeat: no-
repeat;background-attachment: fixed;background-size: 100% 100%;}


input { margin-bottom: 10px; padding: 10px; width: 95%;border-radius: 8px;}

button { padding: 10px; width: 100%; background-color: #28a745; color: white; border: none;
border-radius: 8px; border: 20px;}


.login-container {
    width: 420px;
```

```css
        background: transparent;

        border: 2px solid rgba(255, 255, 255, .2);

        backdrop-filter: blur(20px);

        box-shadow: 0 0 10px rgba(0, 0, 0,.2);

        color: rgb(255, 255, 255);

        border-radius: 10px;

        padding: 30px 40px;

    }
    .register:hover {

        transform: scale(1.1);

        background-color: blue;

        box-shadow: 5px 5px 0px black;

    }
```

Introduction page

```
<!DOCTYPE html>

<html lang="en">

<head>

    <meta charset="UTF-8">

    <meta name="viewport" content="width=device-width, initial-scale=1.0">

    <title>Home</title>

    <link rel="stylesheet" href="Home.css">

     <link rel="stylesheet" href="bootstrap.min.css">

</head>
```
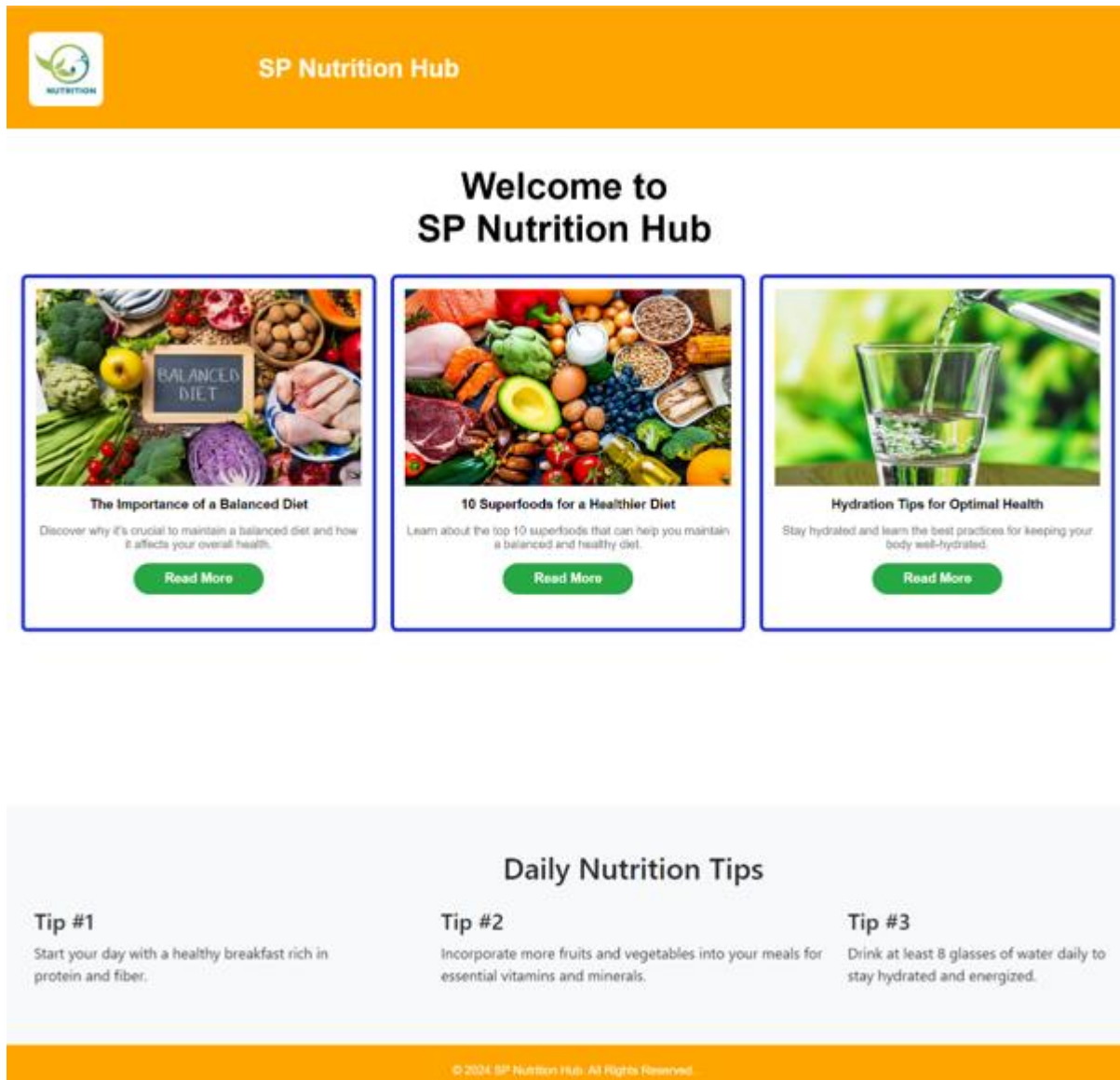
```
<body>

  <div class="navbar">

    <div class="logo">

      <a class="navbar-brand" href="#">

        <img src="Nutrition_logo.jpg">

        <h1 style="padding-left: 53%;">SP Nutrition Hub</h1>

      </a>

    </div>

    <div class="search" style="margin-left: 900px;">

    </div>

  </div>

  <div class="content">

    <div class="section">

      <center><h1>Welcome to <br> SP Nutrition Hub</h1>

        <div class="products">

          <div class="product">

            <img  src="image2.jpg" alt="Jewelry 1" height="80%" width="250%">

            <h3>The Importance of a Balanced Diet</h3>

            <p>Discover why it's crucial to maintain a balanced diet and how it affects your overall
health.</p>

            <form action="Home_page_BD.html" name="form1">

              <button style="background-color: #28a745; border: #694f10; border-radius: 50px;
width: 40%; height: 15%; color: #fff;"><h3>Read More</h3></button>

            </form>

          </div>

        <div class="product">

          <img  src="image.jpg" alt="Jewelry 1" height="80%" width="250%">

          <h3>10 Superfoods for a Healthier Diet</h3>

          <p>Learn about the top 10 superfoods that can help you maintain a balanced and healthy
diet.</p>
```

```html
    <form action="Home_page_10.html" name="form1">

        <button style="background-color: #28a745; border: #ffb300; border-radius: 50px;
width: 40%; height: 15%; color: #fff;"><h3>Read More</h3></button>

    </form>

  </div>

  <div class="product">

    <img  src="image3.jpg" alt="Jewelry 1" height="80%" width="250%">

    <h3>Hydration Tips for Optimal Health</h3>

    <p>Stay hydrated and learn the best practices for keeping your body well-hydrated.</p>

    <form action="Home_page_3.html" name="form1">

        <button style="background-color: #28a745; border: #ffb300; border-radius: 50px;
width: 40%; height: 15%; color: #fff;"><h3>Read More</h3></button>

    </form>

  </div>

  </div>

  </div>

  </div>

<br><br><br>

  <section class="bg-light py-5">

    <div class="container">

      <h2 class="text-center">Daily Nutrition Tips</h2>

      <div class="row mt-4">

        <div class="col-md-4">

          <div class="tip-box">

            <h4>Tip #1</h4>

            <p>Start your day with a healthy breakfast rich in <br> protein and fiber.</p>

          </div>

        </div>

        <div class="col-md-4">

          <div class="tip-box">
```

```
        <h4>Tip #2</h4>

            <p>Incorporate more fruits and vegetables into your meals for <br> essential vitamins
and minerals.</p>

        </div>

      </div>

      <div class="col-md-4">

        <div class="tip-box">

          <h4>Tip #3</h4>

          <p>Drink at least 8 glasses of water daily to <br>stay hydrated and energized.</p>

        </div>

      </div>

    </div>

  </div>

</section>

<div class="footer">

  <p>&copy; 2024 SP Nutrition Hub. All Rights Reserved..</p>

</div>

</body>

</html>
```

Introduction page Css

```
.navbar {

   background-color:orange;

   width: 100%;

   height: 150px;

   padding: 10px 15px;

   display: flex;

   justify-content:left;

   align-items: center;

}
```

```css
.navbar a {
    color: #fff;
    text-decoration:none;
    padding: 0 15px;
    font-size: 14px;
    font-weight: bold;
}
.navbar-brand img {
width: 100px;
height: 100px;
margin-right: 10px;
border-radius: 10px;
}
.navbar-brand {
display: flex;
align-items: center;
}
h1{
color: white;
margin-left: 440px;
font-size: 50px;
}
.navbar-brand h1{
    font-size: 34px;
    margin-inline-start: 200px;
    color: white;
}
.content {
    margin-top: 0px;
```

```css
        padding: 20px;

    }

    .section h1 {

        color: black;

        margin-right: 450px;

    }

    .products {

        display: flex;

        flex-wrap: wrap;

        gap: 20px;

    }

    .product {

        flex: 1 1 calc(33.333% - 20px);

        box-sizing: border-box;

        background-color: #fff;

        border: 5px solid #1d28ca;

        border-radius: 8px;

        overflow: hidden;

        padding: 15px;

        text-align: center;

        animation: fadeInDown 2s ease;

    }

    .product img {

        max-width: 100%;

        height: 60%;

        border-bottom: 1px solid #ddd;

    }

    .product h3 {

        font-size: 18px;
```

```
    margin: 10px 0;

}

.product p {

    color: #666;

}

.footer {

    background-color: orange;

    color: #fff;

    text-align: center;

    padding: 10px;

    position: relative;

    bottom: 0;

    width: 100%;

}
```

Read More Page-1

```
<!DOCTYPE html>

<html lang="en">

<head>

    <meta charset="UTF-8">

    <meta name="viewport" content="width=device-width, initial-scale=1.0">

    <title>The Importance of a Balanced Diet</title>

    <link rel="stylesheet" href="Home_page_BD.css">

</head>

<body>

    <header>

        <h1>The Importance of a Balanced Diet</h1>

    </header>

    <section class="content">
```

```html
    <article class="point" id="point1">

        <h2>1. Incorporate Various Nutrients</h2>

        <img src="I_V_N.gif" alt="Incorporate Various Nutrients">

        <p>A balanced diet includes carbohydrates, proteins, fats, vitamins, and minerals. Each plays an essential role in maintaining health.</p>

    </article>

    <article class="point" id="point2">

        <h2>2. Eat Plenty of Fruits and Vegetables</h2>

        <img src="Eat Plenty of Fruits and Vegetables.gif" alt="Fruits and Vegetables">

        <p>Fruits and vegetables are rich in vitamins, minerals, and fiber. They are vital for reducing the risk of chronic diseases.</p>

    </article>

    <article class="point" id="point3">

        <h2>3. Choose Healthy Fats</h2>

        <img src="Choose Healthy Fats.gif">

        <p>Healthy fats, such as those found in olive oil, nuts, and fish, support heart health and brain function.</p>

    </article>

    <article class="point" id="point4">

        <h2>4. Stay Hydrated</h2>

        <img src="Stay Hydrated.gif">

        <p>Water is an essential part of a balanced diet. It helps in digestion, nutrient absorption, and regulation of body temperature.</p>

    </article>

  </section>

<br><br>

  <footer>

    <p>&copy;2024 SP Nutrition Hub. All Rights Reserved..</p>

  </footer>

</body>

</html>
```

Read More Page-1 Css

```css
* {
    margin: 0;
    padding: 0;
    box-sizing: border-box;
}
body {
    font-family: 'Arial', sans-serif;
    background-color: #f0f8ff;
}
header {
    background-color: orange;
    text-align: center;
    padding: 20px;
    color: white;
    font-size: 2rem;
    text-transform: uppercase;
    animation: headerAnimation 2s ease-out;
}
.content {
    display: flex;
    flex-wrap: wrap;
    justify-content: space-around;
    padding: 20px;
}
.point {
    background-color: white;
    width: 400px;
    margin: 20px;
```

```css
    padding: 15px;

    border-radius: 10px;

    box-shadow: 0 5px 15px rgba(0, 0, 0, 0.1);

    text-align: center;

    animation: pointSlideUp 1s ease-out;

}

.point h2 {

    color: green;

    margin-bottom: 15px;

}

.point img {

    width: 100%;

    height: auto;

    border-radius: 10px;

    margin-bottom: 15px;

}

.point p {

    font-size: 1.1rem;

    color: #333;

}

footer {

    background-color: orange;

    color: white;

    text-align: center;

    padding: 15px 0;

    position: fixed;

    width: 100%;

    bottom: 0;

}
```
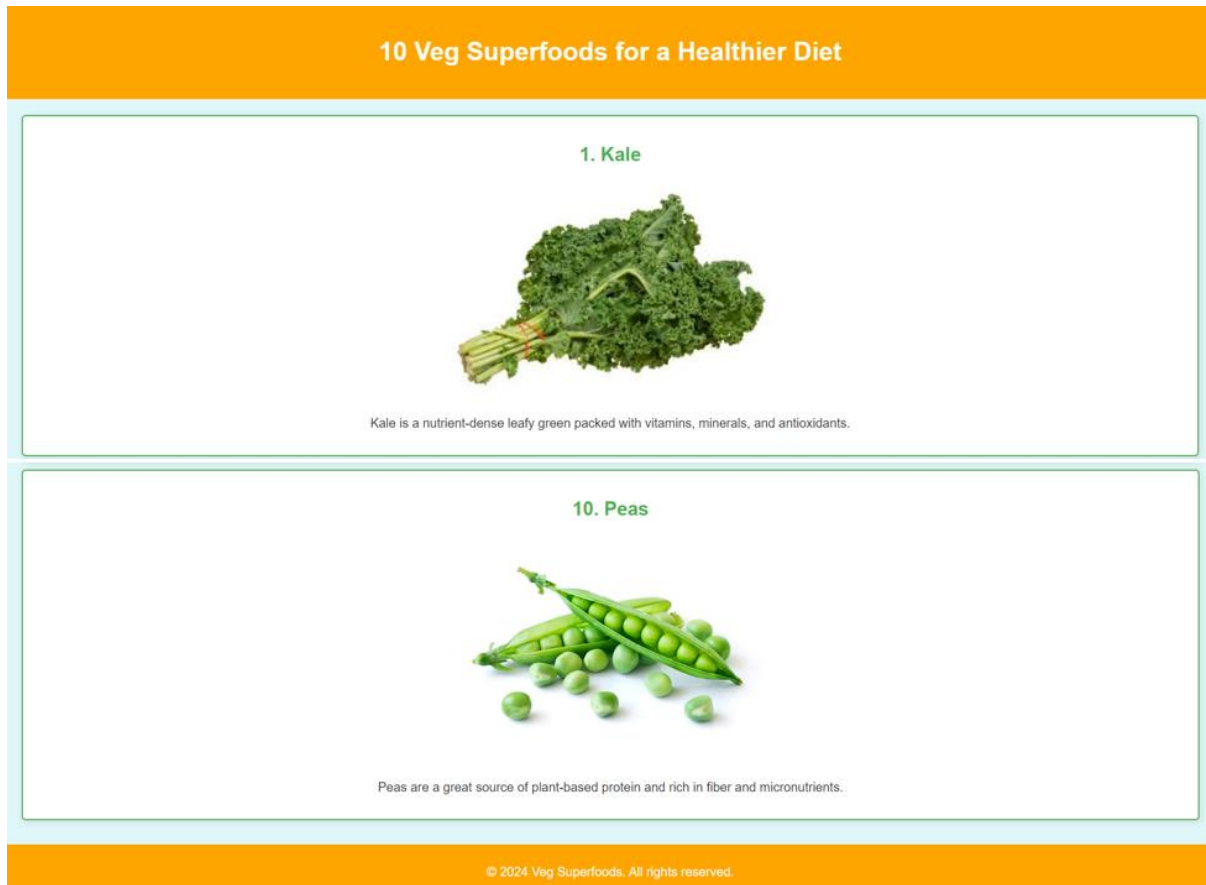
```css
@keyframes headerAnimation {

    0% {

        opacity: 0;

        transform: translateY(-50px);

    }

    100% {

        opacity: 1;

        transform: translateY(0);

    }

}

@keyframes pointSlideUp {

    0% {

        opacity: 0;

        transform: translateY(50px);

    }

    100% {

        opacity: 1;

        transform: translateY(0);

    }

}

#point1 {

    border: 3px solid orange;

}

#point2 {

    border: 3px solid green;

}

#point3 {

    border: 3px solid blue;

}
```

```
#point4 {

   border: 3px solid red;

}
```

Read More Page-2


```
<!DOCTYPE html>

<html lang="en">

<head>

   <meta charset="UTF-8">

   <meta name="viewport" content="width=device-width, initial-scale=1.0">

   <title>10 Veg Superfoods for a Healthier Diet</title>

   <link rel="stylesheet" href="Home_page_10.css">

</head>

<body>
```

```
<header>

  <h1>10 Veg Superfoods for a Healthier Diet</h1>

</header>

<section class="superfoods">

  <article class="food-item">

    <h2>1. Kale</h2>

    <img src="kale.jpg" alt="Kale">

    <p>Kale is a nutrient-dense leafy green packed with vitamins, minerals, and antioxidants.</p>

  </article>

  <article class="food-item">

    <h2>2. Spinach</h2>

    <img src="spinach.jpg" alt="Spinach">

    <p>Spinach is a great source of iron, calcium, and magnesium, making it excellent for bone health.</p>

  </article>

  <article class="food-item">

    <h2>3. Broccoli</h2>

    <img src="broccoli.jpg" alt="Broccoli">

    <p>Broccoli is high in fiber, vitamins C and K, and known for its cancer-fighting properties.</p>

  </article>

  <article class="food-item">

    <h2>4. Carrots</h2>

    <img src="carrots.jpg" alt="Carrots">

    <p>Carrots are rich in beta-carotene, which supports eye health and boosts the immune system.</p>

  </article>

  <article class="food-item">

    <h2>5. Sweet Potatoes</h2>

    <img src="sweet-potatoes.jpg" alt="Sweet Potatoes">
```

    <p>Sweet potatoes are packed with fiber and vitamins, making them a fantastic addition to a healthy diet.</p>

    </article>

    <article class="food-item">

        <h2>6. Brussels Sprouts</h2>

        <img src="brussels-sprouts.jpg" alt="Brussels Sprouts">

        <p>Brussels sprouts are loaded with antioxidants and help reduce inflammation.</p>

    </article>

    <article class="food-item">

        <h2>7. Avocado</h2>

        <img src="avocado.jpg" alt="Avocado">

        <p>Avocados are full of healthy fats, fiber, and essential vitamins like E and K.</p>

    </article>

    <article class="food-item">

        <h2>8. Cauliflower</h2>

        <img src="cauliflower.jpg" alt="Cauliflower">

        <p>Cauliflower is low in calories but high in vitamins C, K, and folate, great for heart health.</p>

    </article>

    <article class="food-item">

        <h2>9. Beets</h2>

        <img src="beets.jpg" alt="Beets">

        <p>Beets are rich in nitrates, which help improve blood pressure and boost exercise performance.</p>

    </article>

    <article class="food-item">

        <h2>10. Peas</h2>

        <img src="peas.jpg" alt="Peas">

        <p>Peas are a great source of plant-based protein and rich in fiber and micronutrients.</p>

    </article>

```
    </section>
    <footer>
        <p>&copy; 2024 Veg Superfoods. All rights reserved.</p>
    </footer>
</body>
</html>
```

Read More Page-2 Css

```css
body {
    font-family: Arial, sans-serif;
    margin: 0;
    padding: 0;
    background-color: #f4f4f4;
    color: #333;
    animation: fadeIn 1.5s ease-in;
}

@keyframes fadeIn {
    from {
        opacity: 0;
    }
    to {
        opacity: 1;
    }
}

header {
```

```css
    background-color: #FFA500;

    color: white;

    text-align: center;

    padding: 20px;

    animation: slideInDown 1s ease-out;

}


@keyframes slideInDown {

    from {

        transform: translateY(-100%);

        opacity: 0;

    }

    to {

        transform: translateY(0);

        opacity: 1;

    }

}


.superfoods {

    padding: 20px;

    background-color: #E0F7FA; /* Light Blue background */

}


.food-item {

    background-color: #ffffff;

    border: 2px solid #4CAF50; /* Green border */

    padding: 15px;

    margin-bottom: 10px;

    border-radius: 5px;
```

```css
    box-shadow: 2px 2px 8px rgba(0, 0, 0, 0.1);

    text-align: center;

    transition: transform 0.3s ease;

    animation: slideUp 1.2s ease-out;

}


@keyframes slideUp {

    from {

        transform: translateY(50px);

        opacity: 0;

    }

    to {

        transform: translateY(0);

        opacity: 1;

    }

}


.food-item:hover {

    transform: scale(1.05);

}


.food-item h2 {

    color: #4CAF50;

}


.food-item img {

    width: 100%;

    max-width: 400px;

    height: auto;
```

```css
    border-radius: 5px;

    margin: 10px 0;

    animation: zoomIn 0.5s ease-in;

  }


@keyframes zoomIn {

  from {

    transform: scale(0.8);

    opacity: 0;

  }


  to {

    transform: scale(1);

    opacity: 1;

  }

}


footer {

  background-color: #FFA500;

  color: white;

  text-align: center;

  padding: 10px 0;

  animation: fadeIn 2s ease-in;

}
```