

## NAVIGATION

- Go to TASK #1
- Go to TASK #2
- Go to TASK #3
- Go to TASK #4

**Timothy Long (S/N 7382923)**

# COMP804: Web Security

## Assignment #1, due 22/08/2021

## Task 2

=====

Make sure you put these events into your calendar !!

Event	Date
Row, row, row your-boat	01 January 2021
Gently down the stream	02 February 2021
If you see a crocodile	03 March 2021
Don't forget to scream !	04 April 2021
And repeat the above !!	01 January 2022

### Task 3

=====

Vegetable Name	Health Benefit
<p>Spinach</p> 	<ul style="list-style-type: none"> <li>• One of the healthiest vegetables</li> <li>• 56% of daily Vit A and 100% of Vit K</li> <li>• Has high antioxidant content too !!</li> </ul> <p>Click <a href="#">here</a> for even more information</p>
<p>Carrots</p> 	<ul style="list-style-type: none"> <li>• High in vitamin A</li> <li>• Contain beta-carotene (an anti-oxidant)</li> <li>• Also high in vitamin C, vitamin K and potassium</li> </ul> <p>Click <a href="#">here</a> for even more information</p>
<p>Broccoli</p> 	<ul style="list-style-type: none"> <li>• Loaded with nutrients, such as vitamin C and vitamin K</li> <li>• Contains sulforaphane and may have anti-cancer properties</li> <li>• Also has folate, manganese and potassium!</li> </ul> <p>Click <a href="#">here</a> for even more information</p>
<p>Garlic (yes, it's a vege !)</p> 	<ul style="list-style-type: none"> <li>• Contains plenty of allicin</li> <li>• May help regulate blood sugar levels</li> <li>• Possible anti-cancer properties</li> </ul> <p>Click <a href="#">here</a> for even more information</p>
<p>Brussel Sprouts</p> 	<ul style="list-style-type: none"> <li>• Nutrient dence, and full of vitamins K, A, and C</li> <li>• Contains kaempferol, folate and manganese</li> <li>• Consumption may enhance detoxification</li> </ul> <p>Click <a href="#">here</a> for even more information</p>
<p>Kale</p>	<ul style="list-style-type: none"> <li>• Plenty of Vitamin B and Calcium</li> <li>• 100% daily intake of Vit A, C and K</li> </ul>

NAVIGATION

• [Go to TASK #1](#)

• [Go to TASK #2](#)

• [Go to TASK #3](#)

• [Go to TASK #4](#)

	<ul style="list-style-type: none"><li>• High levels of antioxidants!</li></ul> <p>Click <a href="#">here</a> for even more information</p>
<div>Green Peas</div> 	<ul style="list-style-type: none"><li>• Plenty of fiber and protein</li><li>• High in Vitamin A, C and K</li><li>• Also contains riboflavin and folate</li></ul> <p>Click <a href="#">here</a> for even more information</p>
<div>Swiss Chard</div> 	<ul style="list-style-type: none"><li>• Low in calories but high in minerals</li><li>• Contains fiber, protein and vitamin A, C and K</li><li>• Potential to reduce damage caused by diabetes mellitus</li></ul> <p>Click <a href="#">here</a> for even more information</p>
<div>Ginger (yep, another vege !)</div> 	<ul style="list-style-type: none"><li>• Potent anti-inflammatory properties</li><li>• Potential to reduce blood sugar levels</li><li>• Natural remedy for motion sickness and nausea!</li></ul> <p>Click <a href="#">here</a> for even more information</p>
<div>Asparagus</div> 	<ul style="list-style-type: none"><li>• Rich in vitamins and minerals</li><li>• 1/2 a cup provides a third of daily folate needs</li><li>• Also plenty of selenium, thiamin and riboflavin</li></ul> <p>Click <a href="#">here</a> for even more information</p>

Information sourced from:  
<https://www.healthline.com/nutrition/14-healthiest-vegetables-on-earth>

Photos sourced from <https://www.pexels.com/royalty-free-images>, with photography by Polina Tankilevitch (Broccoli), Mali Maeder (Carrots), Anna Pyshniuk (Spinach), Ellie Burgin (Brussel Sprouts), Eva Elias (Kale and Swiss Chard ), Karolina Grabowska (Garlic and Asparagus ) and R Khalil (Green Peas)

\*\*\*\*\*

Task 4

\*\*\*\*\*


Cat

Dog

Frog

User clicks Dog

Dog is clicked



Click to give the dog a ball