```html
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8" />
  <meta name="viewport" content="width=device-width, initial-scale=1.0" />
  <title>The Friendly Nutrition</title>
  <link href="https://fonts.googleapis.com/css2?family=Nunito&display=swap" rel="stylesheet">
  <style>
    body {
      margin: 0;
      font-family: 'Nunito', sans-serif;
      background-color: #f0fdf4;
      color: #2e7d32;
    }
    header {
      background-color: #a5d6a7;
      padding: 1rem 2rem;
      display: flex;
      align-items: center;
      justify-content: space-between;
      flex-wrap: wrap;
    }
    .logo {
      font-size: 1.5rem;
      font-weight: bold;
      display: flex;
      align-items: center;
    }
```

```css
.logo img {
  height: 30px;
  margin-right: 0.5rem;
}
nav a {
  margin: 0 1rem;
  color: #2e7d32;
  text-decoration: none;
  font-weight: bold;
}
nav a:hover {
  text-decoration: underline;
}
.hero {
  text-align: center;
  padding: 4rem 2rem;
}
.hero h1 {
  font-size: 2.5rem;
  margin-bottom: 1rem;
}
.hero p {
  font-size: 1.2rem;
  max-width: 600px;
  margin: 0 auto;
}
.blog-section {
  padding: 2rem;
  max-width: 800px;
  margin: auto;
```

```css
    }
    .post {
      background: #ffffff;
      border: 1px solid #c8e6c9;
      border-radius: 8px;
      padding: 1rem;
      margin-bottom: 1.5rem;
    }
    .post h2 {
      margin: 0 0 0.5rem;
    }
    .post p {
      margin: 0;
    }
    footer {
      text-align: center;
      padding: 1rem;
      background-color: #c8e6c9;
    }
    @media (max-width: 600px) {
      nav {
        width: 100%;
        text-align: center;
        margin-top: 1rem;
      }
    }
  </style>
</head>
<body>
  <header>
```

```html
    <div class="logo">
      <img src="logo.png" alt="Logo" />
      The Friendly Nutrition
    </div>
    <nav>
      <a href="#home">Home</a>
      <a href="#blog">Blog</a>
    </nav>
  </header>

  <section class="hero" id="home">
    <h1>Welcome to The Friendly Nutrition</h1>
    <p>Your trusted companion for healthy eating, wellness,
and lifestyle tips. Empower your health journey, one article at
a time.</p>
  </section>

  <section class="blog-section" id="blog">
    <div class="post">
      <h2>How to Build a Balanced Plate</h2>
      <p>Learn the essentials of portioning carbs, proteins, and
fats for a healthy diet...</p>
    </div>
    <div class="post">
      <h2>Top 5 Green Smoothie Recipes</h2>
      <p>Discover refreshing, nutrient-packed green smoothie
ideas to boost your mornings...</p>
    </div>
  </section>
```

```html
  <footer>
    &copy; 2025 The Friendly Nutrition. All rights reserved.
  </footer>
</body>
</html>
```