

19CSE103

User Interface

Project-Report

This is a report on our User Interface project, submitted on **10/7/2023**. We have chosen the topic of an informative site providing viewers access to various types of South Indian Food recipes in an efficient and easy to view interface. The site, titled “South Feast” has been made using various programming languages and elements such as HTML, Cascading Style Sheets and JavaScript.

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SOUTH FEAST

-Land of spices

INTRODUCTION:

Searching for recipes on the web is a very popular activity as it gives the opportunity to people around the world to challenge themselves with the preparation of dishes from different regions and cultures. Several websites provide thematic collections of recipes and offer dedicated facilities to search for them. South feast provides the recipes of famous food items in Southern India. It also provides information that helps us to follow a perfect healthy diet.

OBJECTIVE:

South feast has a few sub divisions that navigates the user according to his/her needs. The divisions are as follows:-

- HOME: This button navigates the user to the home page that contains the website logo with a tagline.
- ABOUT US: This button navigates user to a page that contains all the information about the website. It also has a contact us button that helps the user to clear his/her queries about the website.
- RECIPES: On clicking this button a dropdown menu pops out with the sub-divisions of recipes.
- HEALTH &DIET: This button navigates the user to a page that contains a BMI calculator. It takes the height and weight of the user and calculates the bmi and guides us regarding our health diet.

CODES:

1. Home page code :

```
<!DOCTYPE html>
<html>
  <style>
    img{display: block;margin-left: auto;margin-right:
auto;}
    button{
      margin-top: 15px;margin-left:
500px;color:white;border: none;font-size: 300%;
border:none;background-color:transparent;
      font-family: ink free;

      font-weight: bold;

    }
    h1 {
margin: 0;
padding: 0;
color: #111;
font-size: 10em;
text-shadow: 2px 2px 15px rgb(53, 227, 76);
}
img{
  transition: transform .2s
}
img:hover{
  transform: scale(1.1);
}
.hover14 figure {
  position: relative;
}
.hover14 figure::before {
  position: absolute;
  top: 0;
```

```

    left: -75%;
    z-index: 2;
    display: block;
    content: '';
    width: 50%;
    height: 100%;
    background: -webkit-linear-gradient(left, rgba(255,255,255,0)
0%, rgba(255,255,255,.3) 100%);
    background: linear-gradient(to right, rgba(255,255,255,0) 0%,
rgba(255,255,255,.3) 100%);
    -webkit-transform: skewX(-25deg);
    transform: skewX(-25deg);
}
.hover14 figure:hover::before {
    -webkit-animation: shine .75s;
    animation: shine .75s;
}
@-webkit-keyframes shine {
    100% {
        left: 125%;
    }
}
@keyframes shine {
    100% {
        left: 125%;
    }
}
.glow{
    transition: transform .2s;
}
.glow:hover{
    transform: scale(1.25);
}
h3 span {
    display: table-cell;
    margin: 0;
    padding: 0;
    animation: animate 2s linear infinite;
}
h3 span:nth-child(1) {

```

```
    animation-delay: 0s;
}
h3 span:nth-child(2) {
    animation-delay: .2s;
}
h3 span:nth-child(3) {
    animation-delay: .4s;
}
h3 span:nth-child(4) {
    animation-delay: .6s;
}
h3 span:nth-child(5) {
    animation-delay: 0.6s;
}
h3 span:nth-child(6) {
    animation-delay: 0.8s;
}
h3 span:nth-child(7) {
    animation-delay: 1s;
}
h3 span:nth-child(8) {
    animation-delay: 1.2s;
}
h3 span:nth-child(9) {
    animation-delay: 1.4s;
}
h3 span:nth-child(10) {
    animation-delay: 1.6s;
}
h3 span:nth-child(11) {
    animation-delay: 1.8s;
}
h3 span:nth-child(12) {
    animation-delay: 2s;
}
}

@keyframes animate {
    0%, 100% {
        color: #14c3d0;
        filter: blur(0px);
    }
}
```

```

        text-shadow: 0 0 10px rgb(136, 224, 147),
                     0 0 20px rgb(138, 219, 149),
                     0 0 40px rgb(81, 226, 101),
                     0 0 60px rgb(53, 227, 76),
                     0 0 80px rgb(35, 228, 61),
                     0 0 100px rgb(211, 227, 213),
                     0 0 120px rgb(154, 222, 163),
                     0 0 140px rgb(92, 209, 108),
                     0 0 160px rgb(65, 231, 87),
                     0 0 180px rgb(53, 227, 76),
                     0 0 200px rgb(30, 241, 58);
    }
    20%, 80% {
        color: rgb(220, 148, 124);
        filter: blur(0px);
        text-shadow: none;
    }
}

</style>
<head>
    <title>Welcome!</title>
    <linkrel="stylesheet" href="border_1.css">
</head>
<div class="hover14 column">
<div>
    <figure>

    </figure>
</div>
</div>
<br>

    <body background="bg.jpeg" style="background-repeat: no-
repeat;background-size: cover;"></body>
    <h1 style="padding-left:1.5%;font-size:300%;font-
family:sans-serif ;color:lightgreen;font-family:Ink
free,cursive;margin-left: 360px;">Hey foodies!! Start your food
journey...</h1>
    <form>

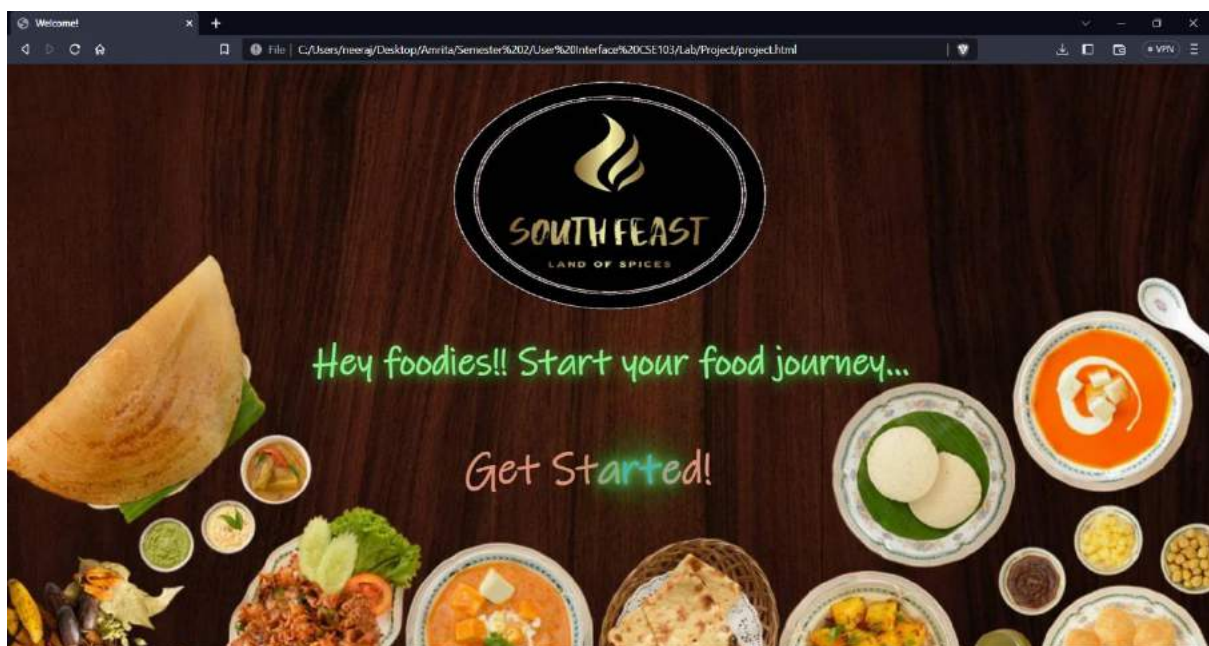
```

```

        <button type="get started" formaction="main.html"
style="padding-left: 5%;cursor: pointer;" >
            <div class="glow">
                <h3>
                    <span>G</span>
                    <span>e</span>
                    <span>t</span>
                    <span>&nbsp;</span>
                    <span>S</span>
                    <span>t</span>
                    <span>a</span>
                    <span>r</span>
                    <span>t</span>
                    <span>e</span>
                    <span>d</span>
                    <span>!</span>
                </h3>
            </div>
        </button>
    </form>
</html>

```

Home page output:



2. Main page code:

```
<!DOCTYPE html>
<html>
<style>
    .header{
        margin-top: 0px;
        width: 100%;
        padding-top: 10px;
        position: fixed;
        top:0;
        border: none;
        border-bottom-left-radius: 100px;
        border-bottom-right-radius: 100px;
        background-image: linear-gradient(to right, rgb(182,
244, 146), rgb(51, 139, 147));
        z-index:1;
    }
    body{
        background-image: url(wood.jpg);
        background-repeat: no-repeat;
        background-size: cover;
        z-index:0;
    }
    .dropbtn {
        background-color: rgba(0,0,0,0);
        padding: 16px;
        font-size: 150%;
        border: none;
        font-weight: bold;
    }
    .dropdown {
        font-family: ink free;
        position: relative;
        display: inline-block;
    }
    .dropdown-content {
        display: none;
        position: absolute;
```



```
background-color: #f1f1f1;
min-width: 160px;
box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);
z-index: 1;
}

/* Links inside the dropdown */
.dropdown-content a {
color: black;
padding: 12px 16px;
text-decoration: none;
display: block;
}

/* Change color of dropdown links on hover */
.dropdown-content a:hover {background-color: #ddd;}

/* Show the dropdown menu on hover */
.dropdown:hover .dropdown-content {display: block;}

/* Change the background color of the dropdown button when the
dropdown content is shown */
.dropdown:hover .dropbtn {
background-color: rgba(0,0,0,0);
}

.slide-head{
margin-top: 200px;
color:rgb(182, 228, 209);
font-size: 250%;
text-align: center;
text-shadow: 2px 2px 15px rgb(53, 227, 76);
font-family:Ink Free;
padding-bottom: 0px;
margin-bottom: 0px;
}

#slides{
overflow: hidden;
border-width: 10px;
```

```
    border-color: aliceblue;
    width: 900px;
    height: 450px;
    margin-top: 0px;
}
#slides figure{
    position: relative;
    width: 600%;
    margin:0;
    left:0;
    animation: 20s slides infinite;
}
#slides figure img{
    float: left;
    width: 16.666666667%;
}
@keyframes slides{
    0% {
        left:0%;
    }
    16% {
        left: 0;
    }
    20% {
        left: -100%;
    }
    36% {
        left: -100%;
    }
    40% {
        left: -200%;
    }
    56% {
        left: -200%;
    }
    60% {
        left: -300%;
    }
    76% {
        left: -300%;
    }
}
```

```

    }
    80% {
        left: -400%;
    }
    96% {
        left: -400%;
    }
    100% {
        left: -500%;
    }
}
.group{
    padding-left: 50px;
}
.group h1{
    font-size: 400%;
    color:aliceblue;
    text-shadow: 2px 2px 15px rgb(53, 227, 76);
    font-family: ink free;
}
.plate{
    margin-left: 60px;
    margin-right: 60px;
    background-image: url(1-wood.jpeg);
    border-radius: 100px;
    height: 500px;
    padding-top:30px;
    transition: transform .2s;
}
.plate:hover{
    transform: scale(1.15);
}
.header table td button:hover{
    transform: scale(1.15);
    text-shadow: 2px 2px 15px rgb(199, 91, 19);
}
.logo{
    transition: transform 1s ease-in-out;
}

```

```

        .logo:hover{
            transform: rotate(360deg);
        }
</style>
<head>
    <title>South Feast - Land of Spices</title>
    <script type="text/javascript">

        function OnFocusInput (input) {

            input.style.color = "red";
            input.style.background="beige";
        }

        function OnBlurInput (input) {

            input.style.color = "black";
            input.style.background="aquamarine";
        }

    </script>
</head>
<body>
    <div class="header">
        <table style="width: 100%;" border="0">
            <colgroup>
                <col span="1" style="width: 15.5%;">
                <col span="1" style="width: 3%;">
                <col span="1">
                <col span="1" style="width: 3%;">
                <col span="1">
                <col span="1" style="width: 3%;">
                <col span="1">
                <col span="1" style="width: 5%;">
                <col span="1">
                <col span="1" style="width: 3%;">
                <col span="1" style="width:15%">
            </colgroup>
            <tr>

```

```

        <td>
            <a href="project.html">
                
            </a>
        </td>
        <td>
            
        </td>
        <td>
            <button type="home" formaction="main.html"
style="border:none;font-size:150%;background-
color:transparent;font-family: ink free;cursor:
pointer;"><b>Home</button>
        </td>
        <td>
            
        </td>
        <td>
            <form>
                <button class="about" formaction="about.html"
style="border:none;font-size:150%;background-
color:transparent;font-family: ink free;text-align:
left;cursor: pointer;"><b>About us</button>
            </form>
        </td>
        <td>
            
        </td>
        <td>
            <div class="dropdown">
                <button class="dropbtn" style="font-family:
ink free;">Recipes</button>
                <div class="dropdown-content">
                    <a href="#tiff">Tiffin</a>
                    <a href="#curry">Curries</a>
                    <a href="#seaf">Sea Food</a>

```

```

        <a href="#chick">Chicken Specials</a>
        <a href="#mutt">Mutton Specials</a>
        <a href="#saj">Snacks and Juices</a>
        <a href="#sweet">Sweets</a>
    </div>
</div>
</td>
<td>
    
</td>
<td>
    <form>
        <button class="health"
formaction="health.html" style="border:none;font-
size:150%;background-color:transparent;font-family: ink
free;cursor: pointer;"><b>Health & Diet</b></button>
    </form>
</td>
<td>
    <label for="search-input"></label>
</td>
<td>
    <input type="text" id="search-input"
placeholder="Search Here" style="font-size:125%;border-radius:
25px; width:92.5%;font-family: ink
free;" onfocus="OnFocusInput (this)" onblur="OnBlurInput
(this)">
</td>
</tr>
</table>
</div>
<br>
<div class="slide-head">
    <p><b>Regional Specialties : <b></p>
</div>

<script>
    // Sample food data

```

```
const foodItems = [
  { name: 'Masala Dosa', page: 'mdosa.html' },
  { name: 'Medu Vada', page: 'MeduVada.html' },
  { name: 'Uttapam', page: 'uttapam.html' },
  { name: 'Mysore Pak', page: 'mysorepak.html' },
  { name: 'Chepala Pulusu', page: 'chepala.html' },
  { name: 'Tomato Rasam', page: 'trasam.html' },
  { name: 'Mutton Curry', page: 'mutton.html' },
  { name: 'Rasagulla', page: 'rasagulla.html' },
  { name: 'Guttivankaya Curry', page: 'gutti.html' },
  { name: 'Mango Juice', page: 'MangoShake.html' },
  { name: 'Prawns Curry', page: 'prawncurry.html' },
  { name: 'Murukku', page: 'murk.html' },
];

function searchFoodItem(itemName) {

  const searchQuery = itemName.toLowerCase();

  const foundItem = foodItems.find(item =>
    item.name.toLowerCase() === searchQuery
  );

  if (foundItem) {
    window.location.href = foundItem.page;
  } else {
    alert('Item not found.');
```



```

                <p id="seaf" style="font-
size:125%"></p>
                </a></div>
            </center>
        </td>
    </tr>
</table>
<hr style="width: 60%;height: 3px;border-radius:
100px;background-image: linear-gradient(to right, rgb(182, 244,
146), rgb(51, 139, 147));">
</div><br>

<div class="group">
    <h1>Snacks and Juices : </h1>
    <table width="100%" border="0" style="border-color:
white;border-style: solid;border-spacing: 0px 75px;">
        <colgroup>
            <col span="1" width="50%">
            <col span="1" width="50%">
        </colgroup>
        <tr>
            <td>
                <center>
                    <div class="plate"><a href="murk.html"
style="color: inherit;text-decoration: none;">
                        
                            <p style="margin-top:10px;margin-
bottom:20px;font-size: 250%;color:rgb(3, 60, 3);text-shadow:
2px 2px 15px rgb(53, 227, 76)">Murukku</p>
                            <p id="seaf" style="font-
size:125%"></p>
                                </a></div>
                            </center>
                        </td>
                        <td>
                            <center>
                                <div class="plate"><a
href="MangoShake.html" style="color: inherit;text-decoration:
none;">

```

```

                
                <p style="margin-top:10px;margin-
bottom:20px;font-size: 250%;color:rgb(3, 60, 3);text-shadow:
2px 2px 15px rgb(53, 227, 76)">Mango Milkshake</p>
                <p id="seaf" style="font-
size:125%"></p>
            </a></div>
        </center>
    </td>
</tr>
<tr>
    <td>
        <center>
            <div class="plate"><a
href="MeduVada.html" style="color: inherit;text-decoration:
none;">
                
                <p style="margin-top:10px;margin-
bottom:20px;font-size: 250%;color:rgb(3, 60, 3);text-shadow:
2px 2px 15px rgb(53, 227, 76)">Medu Vada</p>
                <p id="seaf" style="font-
size:125%"></p>
            </a></div>
        </center>
    </td>
</tr>
</table>
<hr style="width: 60%;height: 3px;border-radius:
100px;background-image: linear-gradient(to right, rgb(182, 244,
146), rgb(51, 139, 147));">
</div><br>

<div class="group">
    <h1>Sweets : </h1>
    <table width="100%" border="0" style="border-color:
white;border-style: solid;border-spacing: 0px 75px;">
        <colgroup>
            <col span="1" width="50%">
            <col span="1" width="50%">
        </colgroup>

```

```

        <tr>
            <td>
                <center>
                    <div class="plate"><a href="rasagulla.html"
style="color: inherit;text-decoration: none;">
                        
                        <p style="margin-top:10px;margin-
bottom:20px;font-size: 250%;color:rgb(3, 60, 3);text-shadow:
2px 2px 15px rgb(53, 227, 76)">Rasgulla</p>
                        <p id="curry" style="font-size:125%">A
syrupy desert,<br>made from dumblings of chenna dough.<br>It is
especially famous in Kerala.</p>
                    </a></div>
                </center>
            </td>
            <td>
                <center>
                    <div class="plate"><a
href="mysorepak.html" style="color: inherit;text-decoration:
none;">
                        
                        <p style="margin-top:10px;margin-
bottom:20px;font-size: 250%;color:rgb(3, 60, 3);text-shadow:
2px 2px 15px rgb(53, 227, 76)">Mysore Pak</p>
                        <p id="seaf" style="font-
size:125%"></p>
                    </a></div>
                </center>
            </td>
        </tr>
    </table>
    <hr style="margin-top:0px;width: 60%;height:
3px;border-radius: 100px;background-image: linear-gradient(to
right, rgb(182, 244, 146), rgb(51, 139, 147));">
    </div><br>

</body>
</html>

```

Main page output:

[Home](#)[About us](#)[Recipes](#)[Health & Diet](#)

Regional Specialties :

[Home](#)[About us](#)[Recipes](#)[Health & Diet](#)

Tiffins :



Masala Dosa

One of the most popular South Indian dishes, originating



Uttapam

An uttapam (or uthapam, uttappam, etc.) is a type of dosa from South India. Unlike a typical dosa, which is crisp and crepe-like, an uttapam is thicker, with toppings.

[Home](#)[About us](#)[Recipes](#)[Health & Diet](#)

Curries :



Guttivankaya

Guttivankaya, a stuffed eggplant dish from the Andhra cuisine, is renowned for its spice level and creamy, peanut based base. It is one such widely famous spicy gravy.



Thakkali Rasam

Thakkali Rasam, a delicious and aromatic South Indian soup made

[Tiffin](#)[Curries](#)[Sea Food](#)[Chicken Specials](#)[Wonton Specials](#)[Snacks and Juices](#)[Sweets](#)

3. About us page code:

```
<!DOCTYPE html>
<html>
<style>
    .header{
        margin-top: 0px;
        width: 100%;
        padding-top: 10px;
        position: fixed;
        top:0;
        border: none;
        border-bottom-left-radius: 100px;
        border-bottom-right-radius: 100px;
        background-image: linear-gradient(to right, rgb(182,
244, 146), rgb(51, 139, 147));
        z-index:1;
    }
    body{
        background-image: url(wood.jpg);
        background-repeat: no-repeat;
        background-size: cover;
        font-family:'Lucida Sans', 'Lucida Sans Regular',
'Lucida Grande', 'Lucida Sans Unicode', Geneva, Verdana, sans-
serif;
        z-index:0;
    }
    .raga{
        font-family: 'Lucida Sans', 'Lucida Sans Regular',
'Lucida Grande', 'Lucida Sans Unicode', Geneva, Verdana, sans-
serif;
    }
    .content{
        margin-top: 200px;
        margin-left: 50px;
        margin-right: 50px;
        padding-left:50px;
        padding-top: 75px;
        padding-bottom: 50px;
```


[illegible]

```
<div class="content">
```

```
    <h1 style="text-shadow: 2px 2px 15px rgb(53, 227, 76);"><b><center>ABOUT US</center></b></h1>
    <h1 class="raga" style="text-shadow: 2px 2px 15px rgb(53, 227, 76);color: brown;"><Center>Namastey!</Center></h1>
```

Welcome to the South Indian Recipes webpage! Here, we bring you the delightful flavors and rich culinary traditions of South India. From aromatic spices to mouthwatering dishes, this diverse region has something to offer every palate. Let's explore the vibrant world of South Indian cuisine together.

```
<ul>1.Introduction to South Indian Cuisine:
```

```
    <li>Discover the essence of South Indian cooking, which is known for its distinctive flavors, generous use of spices, and use of local ingredients.</li>
```

```
    <li>Learn about the four main states of South India: Andhra Pradesh, Karnataka, Kerala, and Tamil Nadu, each with its unique culinary heritage.</li></ul>
```

```
<ul>2.Must-Try South Indian Dishes:
```

```
    <li>Idli and Dosa: Explore the world of these iconic South Indian breakfast dishes. Learn different varieties, including masala dosa, rava idli, and more.</li>
```

```
    <li>Sambar and Rasam: Dive into the delicious world of South Indian soups, made with a tamarind base and an array of spices and vegetables.</li>
```

```
    <li>Biriyani and Pulao: Uncover the aromatic rice delicacies of South India, with their fragrant spices, tender meat, and colorful vegetables.</li>
```

```
    <li>Pongal and Upma: Delve into the comforting flavors of these traditional South Indian breakfast dishes, perfect to start your day.</li>
```

```
    <li>Specialties: Discover the coastal delights of South India, including fish curry, prawn masala, and squid fry.</li></ul>
```

```
<ul>3.Spice Up Your Cooking:
```

- The key spices and ingredients that give South Indian cuisine its unique taste.

- From curry leaves and mustard seeds to coconut and tamarind, learn how to incorporate them into your dishes.

- Find tips on where to source South Indian spices and how to store them to maintain their freshness.

- 4.Chutneys, Pickles, and Podis:

- South Indian meals are incomplete without the addition of flavorful chutneys, tangy pickles, and fiery podis (spice powders).

- Discover traditional recipes and innovative variations.

- Learn to make popular chutneys like coconut chutney, tomato-onion chutney, and mint chutney, as well as lip-smacking pickles and podis.

- 5.Festival Delights:

- India is renowned for its colorful and joyous festivals, and food plays a central role in the celebrations. Explore festive dishes like payasam (kheer), modakam (sweet dumplings), and adai (lentil pancakes).

- Discover the unique dishes prepared during major festivals like Pongal, Onam, and Ugadi.

- 6.Regional Specialties:

- Dive deeper into the distinct cuisines of each South Indian state. Explore the fiery Andhra cuisine, the coconut-infused flavors of Kerala, the rich vegetarian fare of Tamil Nadu, and the unique blend of flavors in Karnataka.

- 7.Healthy and Vegetarian Options:

- South Indian cuisine offers a plethora of healthy and vegetarian dishes. Explore recipes featuring lentils, fresh vegetables, and whole grains, such as avial (mixed vegetable curry), sambar, and pongal.

- 8.Sweet Temptations:

- Indulge your sweet tooth with a collection of delectable South Indian desserts. From the iconic Mysore pak and badam halwa to the mouthwatering adhirasam and payasam, discover a wide range of sweet treats.

- 9.Cooking Techniques and Tips:

- Learn essential cooking techniques like tempering, grinding fresh masalas, and making perfect dosa batter.

```

    <li>Find handy tips and tricks to achieve authentic South
Indian flavors in your home kitchen.</li>
</ul>
    <p>Explore the historical and cultural influences that
have shaped South Indian.</p>
    <br><br><br>

    <h2 style="text-shadow: 2px 2px 15px rgb(53, 227,
76);color: brown;">Any queries/suggestions/bugs?</h2>
    <a href="feedback.html">
    <button class="feed" formaction="feedback.html"
style="border:none;font-size:150%;background-
color:transparent;font-family: ink free;text-align:
left;cursor: pointer;">Contact Us!</button>
    </a>

</div>

</body>

```

About us page output:





 Home

 About us

 Health & Diet

dosa batter.

- Find handy tips and tricks to achieve authentic South Indian flavors in your home kitchen.

10.Culinary Influences and Fusion:

Explore the historical and cultural influences that have shaped South Indian.

Any queries/suggestions/bugs?

Contact Us!

4. Contact code:

```
<!DOCTYPE html>
<html>
<style>
    .header{
        margin-top: 0px;
        width: 100%;
        padding-top: 10px;
        position: fixed;
        top:0;
        border: none;
        border-bottom-left-radius: 100px;
        border-bottom-right-radius: 100px;
        background-image: linear-gradient(to right, rgb(182,
244, 146), rgb(51, 139, 147));
        z-index:1;
    }
    body{
        background-image: url(wood.jpg);
        background-repeat: no-repeat;
        background-size: cover;
        z-index:0;
    }
    .content{
        margin-top: 200px;
        margin-left: 50px;
        margin-right: 50px;
        padding-left:50px;
        padding-top: 75px;
        padding-bottom: 50px;
        border-radius: 100px;
        font-size: 175%;
        background-image: url(1-wood.jpeg);
    }

    form{
        display: flex;
        flex-direction: column;
```


[illegible]

[illegible]

```

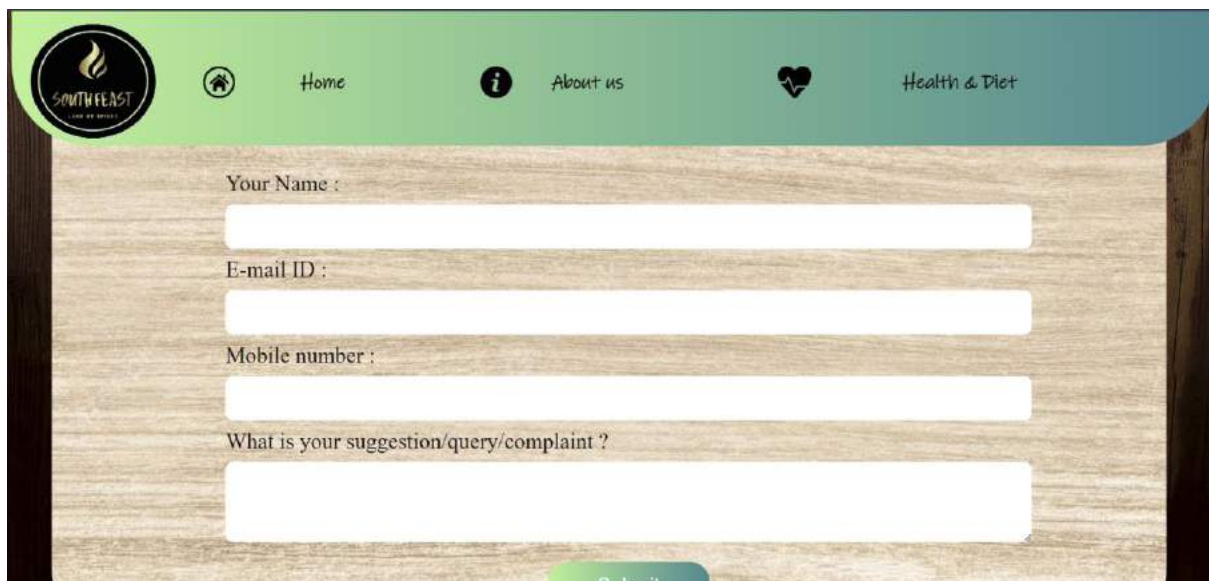
        </form>
    </div>

    <script src="https://smtpjs.com/v3/smtp.js"></script>
    <script>
        function validate(){
            var mobilePattern = /^[0-9]{10}$/;
            if (!number.match(mobilePattern)) {
                alert("Invalid mobile number");
                return false;
            }
        }
        function send(){
            Email.send({
                Host : "smtp.gmail.com",
                Username : "neerajnoir@gmail.com",
                Password : "xxxxxx",
                To : 'neerajnoir@gmail.com',
                From : document.getElementById("email").value,
                Subject : "Query from " +
document.getElementById("name").value,
                Body : "Name: " +
document.getElementById("name").value
                    + "<br> Email: " +
document.getElementById("email").value
                    + "<br> Phone no: " +
document.getElementById("phone").value
                    + "<br> Message: " +
document.getElementById("message").value
            }).then(
                message => alert()
            );
        }
    </script>

</body>
</html>

```

Contact code output:



SouthFEAST
LIFE OF NATURE

Home About us Health & Diet

Your Name :
E-mail ID :
Mobile number :
What is your suggestion/query/complaint ?

Submit

5. Health and Diet code:

```
<!DOCTYPE html>
<html>
<style>
    .header{
        margin-top: 0px;
        width: 100%;
        padding-top: 10px;
        position: fixed;
        top:0;
        border: none;
        border-bottom-left-radius: 100px;
        border-bottom-right-radius: 100px;
        background-image: linear-gradient(to right, rgb(182,
244, 146), rgb(51, 139, 147));
        z-index:1;
    }
    body{
        background-image: url(wood.jpg);
        background-repeat: no-repeat;
        background-size: cover;
        z-index:0;
    }
}
```

```

    }
    .content{
        margin-top: 200px;
        margin-left: 50px;
        margin-right: 50px;
        padding-left:50px;
        padding-top: 75px;
        padding-bottom: 50px;
        border-radius: 100px;
        font-size: 175%;
        background-image: url(1-wood.jpeg);
    }
</style>
<head>
    <title>Health and Diet</title>
    <script>
        function calculateBMI() {
            // Get input values
            var weight =
parseFloat(document.getElementById("weight").value);
            var height =
parseFloat(document.getElementById("height").value);

            // Check for valid inputs
            if (isNaN(weight) || isNaN(height) || weight <= 0 ||
height <= 0) {
                document.getElementById("result").innerHTML =
"Invalid input!!! Please enter valid weight and height.";
                return;
            }

            // Calculate BMI
            var bmi = weight / (height * height);

            // Round BMI to two decimal places
            var roundedBMI = bmi.toFixed(2);

            // Interpret BMI categories
            if (bmi < 18.5) {
                window.location.href = "under.html";
            }
        }
    </script>

```


[illegible]

```

<div class="content">

  <h1 style="text-shadow: 2px 2px 15px rgb(53, 227,
76);"><b><center>BMI Calculoator</center></b></h1>
  <img src="" width="40%" style="margin-left: 30%;">
  <br><br><br>
  <label for="weight" style="text-shadow: 2px 2px 15px rgb(0,
6, 1);margin-left: 400px;font-size:30px;color: rgb(198, 240,
241);font-family: 'Lucida Sans', 'Lucida Sans Regular', 'Lucida
Grande', 'Lucida Sans Unicode', Geneva, Verdana, sans-
serif;"><b>Weight (kg)&nbsp;  &nbsp; </b></label>
  <input type="number" id="weight" step="0.01" style="height:
30px;border: chocolate;border-radius:10px;"
required><br><br><br>
  <label for="height" style="text-shadow: 2px 2px 15px rgb(0,
3, 1);margin-left: 400px;font-size: 30px;color: rgb(190, 214,
215);font-family: 'Lucida Sans', 'Lucida Sans Regular', 'Lucida
Grande', 'Lucida Sans Unicode', Geneva, Verdana, sans-
serif;"><b>Height (m)&nbsp;  &nbsp; </b></label>
  <input type="number" id="height" step="0.01"
style="height:30px;border: chocolate;border-radius: 10px;"
required><br><br><br><br>
  <button onclick="calculateBMI()" style="margin-left:
auto;margin-right: auto;display: block;font-size:
30px;background-color: green;border-radius: 10px;border:
none;box-shadow: 0 0 10px green, 0 5px 10px rgba(0, 0, 0,
0.3);font-family:
inkfree,cursive;color:black;">Calculate</button>
  <p id="result" style="text-align: center;color:
violet;font-size: 30px;font-weight: bold;"></p>

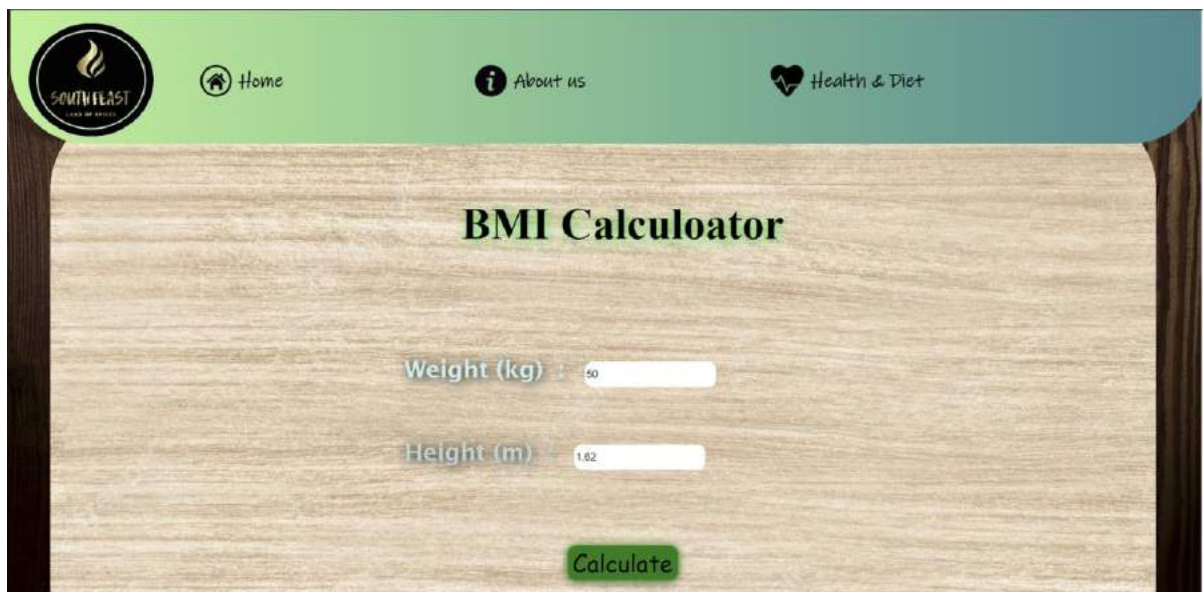
  <hr style="margin-top:0px;width: 60%;height: 15px;border-
radius: 100px;background-image: linear-gradient(to right,
rgb(182, 244, 146), rgb(51, 139, 147));">

</div>

</body>
</html>

```


Health and Diet output:



The screenshot shows a web application interface for a BMI Calculator. At the top, there is a header bar with a green-to-teal gradient. On the left is a circular logo with a flame and the text 'SOUTH FLAST'. In the center are links for 'Home' (with a house icon) and 'About us' (with an 'i' icon). On the right is a link for 'Health & Diet' (with a heart icon). Below the header is a large, light-brown wooden-textured rectangular area. In the center of this area, the title 'BMI Calculoator' is displayed in a bold, black, serif font. Below the title are two input fields: 'Weight (kg) : 50' and 'Height (m) : 1.62'. At the bottom center of the wooden area is a green button with the text 'Calculate' in white.

6. Underweight page code:

```
<!DOCTYPE html>
<html>
<style>
    .header{
        margin-top: 0px;
        width: 100%;
        padding-top: 10px;
        position: fixed;
        top:0;
        border: none;
        border-bottom-left-radius: 100px;
        border-bottom-right-radius: 100px;
        background-image: linear-gradient(to right, rgb(182,
244, 146), rgb(51, 139, 147));
        z-index:1;
    }
    body{
        background-image: url(wood.jpg);
        background-repeat: no-repeat;
        background-size: cover;
        z-index:0;
```

```

    }
    .content{
        margin-top: 200px;
        margin-left: 50px;
        margin-right: 50px;
        padding-left:50px;
        padding-top: 75px;
        padding-bottom: 50px;
        border-radius: 100px;
        font-size: 175%;
        background-image: url(1-wood.jpeg);
    }
</style>
<head>
    <title></title>
    <meta>
</head>
<body>
    <div class="header">
    <table style="width: 100%;" border="0">
        <colgroup>
            <col span="1" style="width: 15.5%;">
            <col span="1" style="width: 3%;">
            <col span="1">
            <col span="1" style="width: 3%;">
            <col span="1">
            <col span="1" style="width: 3%;">
            <col span="1">
            <col span="1" style="width: 5%;">
            <col span="1">
        </colgroup>
        <tr>
            <td>
                <a href="project.html">
                    
                </a>
            </td>
            <td>
                

```

[illegible]

[illegible]

```

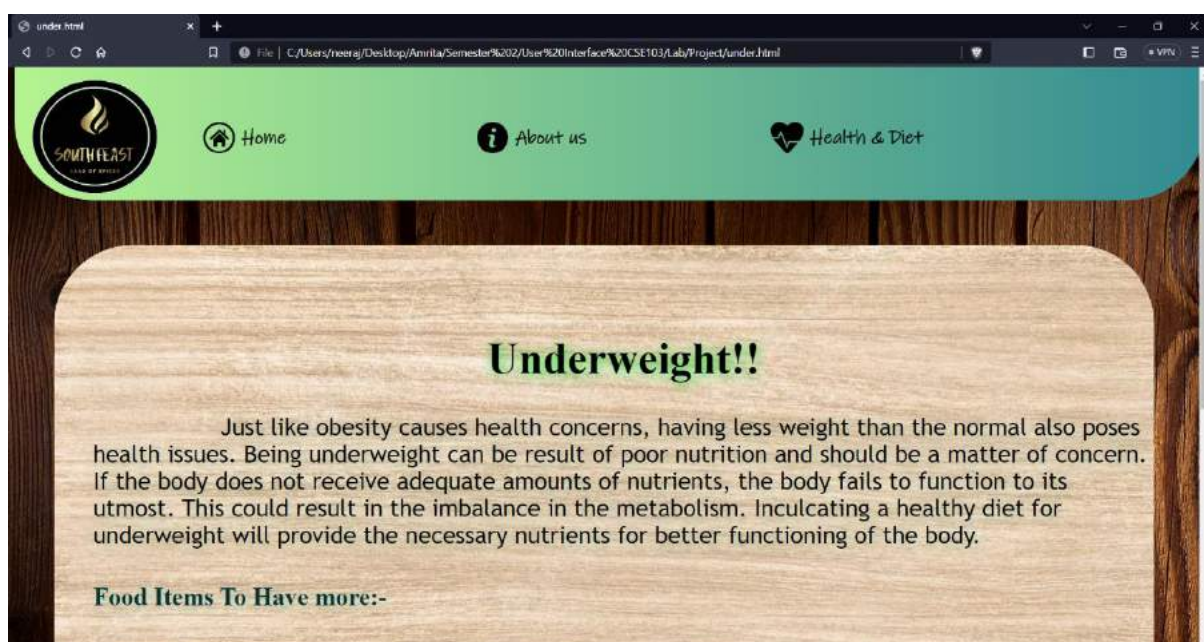
<h3 style="text-shadow: 2px 2px 15px rgb(156, 195, 161);color: rgb(2, 50, 50);"> Recipes needed</h3>
<ol>
  <li>
    <a href="MangoShake.html" target="_self"> Mango
juice</a></li>
    <li>
    <a href="mutton.html" target="_self"> Mutton
curry</a></li>
    <li>
    <a href="mysorepak.html"
target="_self">mysorepak</a></li>
    <li>
    <a href="MeduVada.html" target="_self">
medu vada</a></li>
  </ol>

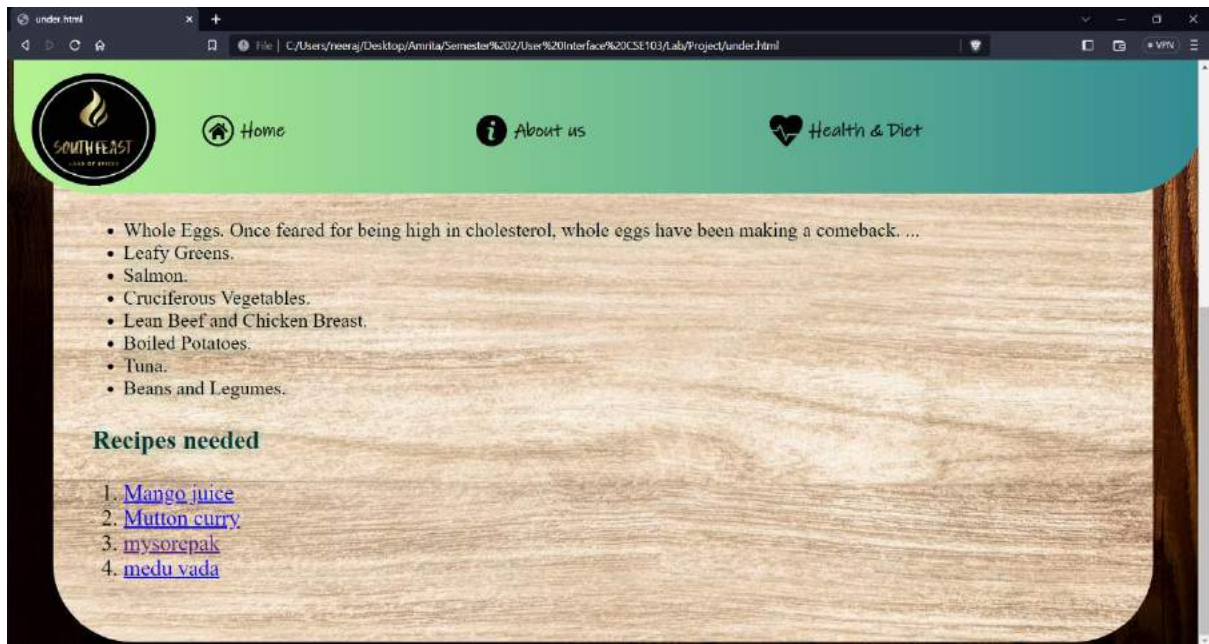
</div>

</body>
</html>

```

Underweight page output:





Normal weight page code:

```
<!DOCTYPE html>
<html>
<style>
    .header{
        margin-top: 0px;
        width: 100%;
        padding-top: 10px;
        position: fixed;
        top:0;
        border: none;
        border-bottom-left-radius: 100px;
        border-bottom-right-radius: 100px;
        background-image: linear-gradient(to right, rgb(182,
244, 146), rgb(51, 139, 147));
        z-index:1;
    }
    body{
        background-image: url(wood.jpg);
        background-repeat: no-repeat;
        background-size: cover;
        z-index:0;
    }
}
```


[illegible]


```
</div>
<br>

<div class="content">

    <h1 style="text-shadow: 2px 2px 15px rgb(53, 227, 76);"><b><center>Normal Weight</center></b></h1>

    <h1 style="text-align: center;color:rgb(10, 8, 3);font-size: 50px;font-family: Cambria, Cochin, Georgia, Times, 'Times New Roman', serif;">Hurrayy!!!Your Weight Is Normal..</h1>

    <p style="text-shadow: 2px 2px 15px rgb(156, 195, 161);color: rgb(7, 2, 2);font-size: 30px;font-family:'Trebuchet MS', 'Lucida Sans Unicode', 'Lucida Grande', 'Lucida Sans', Arial, sans-serif">
        &nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&~
        Keeping your weight in the normal range is an important part of healthy aging. As in other stages of life, elevated body mass index (BMI) in older adults can increase the likelihood of developing health problems. These include heart disease, high blood pressure, stroke, and diabetes. Losing weight or maintaining a healthy weight can help decrease these risks.
    </p>

    <h4 style="text-shadow: 2px 2px 15px rgb(156, 195, 161);color: rgb(42, 72, 73);font-size: xx-large;font-family: 'Times New Roman', Times, serif;">For Adults</h4>

    <ul style="text-shadow: 2px 2px 15px rgb(156, 195, 161);color: rgb(6, 1, 1);font-size: 25px;font-family: 'Trebuchet MS', 'Lucida Sans Unicode', 'Lucida Grande', 'Lucida Sans', Arial, sans-serif;">
        <li>Fruit, vegetables, legumes (e.g. lentils and beans), nuts and whole grains (e.g. unprocessed maize, millet, oats, wheat and brown rice).</li>
        <li>At least 400 g (i.e. five portions) of fruit and vegetables per day (2), excluding potatoes, sweet potatoes, cassava and other starchy roots.</li>
        <li>Less than 10% of total energy intake from free sugars (2, 7), which is equivalent to 50 g (or about 12 level teaspoons) for a person of healthy body weight consuming about

```

2000 calories per day, but ideally is less than 5% of total energy intake for additional health benefits (7). Free sugars are all sugars added to foods or drinks by the manufacturer, cook or consumer, as well as sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates.

Less than 30% of total energy intake from fats (1, 2, 3). Unsaturated fats (found in fish, avocado and nuts, and in sunflower, soybean, canola and olive oils) are preferable to saturated fats (found in fatty meat, butter, palm and coconut oil, cream, cheese, ghee and lard) and trans-fats of all kinds, including both industrially-produced trans-fats (found in baked and fried foods, and pre-packaged snacks and foods, such as frozen pizza, pies, cookies, biscuits, wafers, and cooking oils and spreads) and ruminant trans-fats (found in meat and dairy foods from ruminant animals, such as cows, sheep, goats and camels). It is suggested that the intake of saturated fats be reduced to less than 10% of total energy intake and trans-fats to less than 1% of total energy intake (5). In particular, industrially-produced trans-fats are not part of a healthy diet and should be avoided (4, 6).

Less than 5 g of salt (equivalent to about one teaspoon) per day (8). Salt should be iodized.

<h4 style="text-shadow: 2px 2px 15px rgb(156, 195, 161);color: cadetblue;font-size: xx-large;font-family: 'Times New Roman', Times, serif;">For Infants And Young Children</h4>

<p style="text-shadow: 2px 2px 15px rgb(156, 195, 161);color: rgb(3, 0, 0);font-size: 30px;font-family:'Trebuchet MS', 'Lucida Sans Unicode', 'Lucida Grande', 'Lucida Sans', Arial, sans-serif">

In the first 2 years of a child's life, optimal nutrition fosters healthy growth and improves cognitive development. It also reduces the risk of becoming overweight or obese and developing NCDs later in life. Advice on a healthy diet for infants and children is similar to that for adults, but the following elements are also important:

</p>

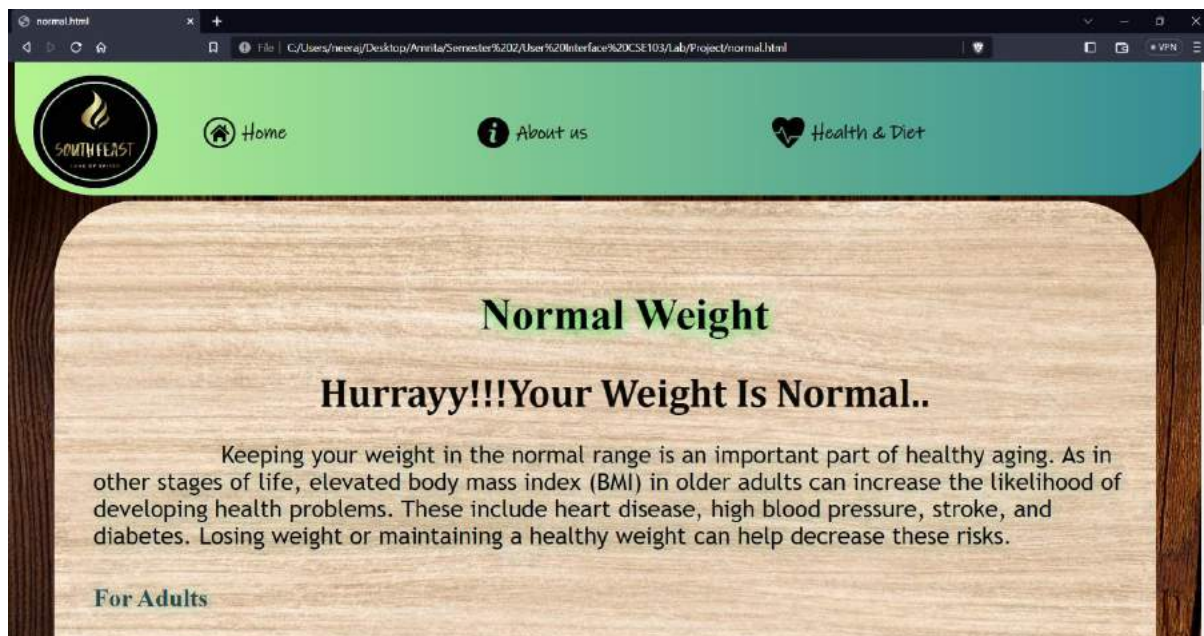
<ul style="text-shadow: 2px 2px 15px rgb(156, 195, 161);color: rgb(8, 0, 0);font-size: 25px;font-family:

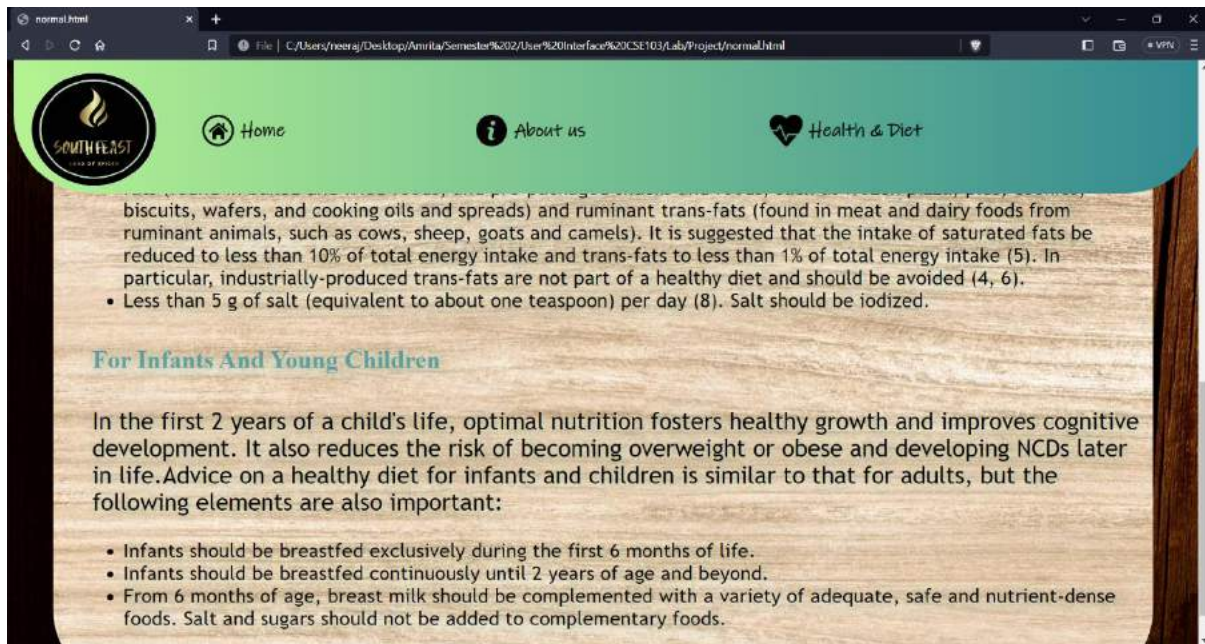
```
'Trebuchet MS', 'Lucida Sans Unicode', 'Lucida Grande', 'Lucida
Sans', Arial, sans-serif;">
    <li>Infants should be breastfed exclusively during the
first 6 months of life.</li>
    <li>Infants should be breastfed continuously until 2
years of age and beyond.</li>
    <li>From 6 months of age, breast milk should be
complemented with a variety of adequate, safe and nutrient-
dense foods. Salt and sugars should not be added to
complementary foods.</li>
</ul>

</div>

</body>
</html>
```

Normal weight page output:





Over weight page code:

```
<!DOCTYPE html>
<html>
<style>
    .header{
        margin-top: 0px;
        width: 100%;
        padding-top: 10px;
        position: fixed;
        top:0;
        border: none;
        border-bottom-left-radius: 100px;
        border-bottom-right-radius: 100px;
        background-image: linear-gradient(to right, rgb(182,
244, 146), rgb(51, 139, 147));
        z-index:1;
    }
    body{
        background-image: url(wood.jpg);
        background-repeat: no-repeat;
        background-size: cover;
        z-index:0;
    }
```


[illegible]


```
</div>
<br>

<div class="content">

  <h1 style="text-shadow: 2px 2px 15px rgb(53, 227, 76);"><b><center>Overweight!!</center></b></h1>

  <h1 style="text-shadow: 2px 2px 15px rgb(156, 195, 161);text-align: center;color:rgb(49, 13, 82);font-size: 50px;font-family: Cambria, Cochin, Georgia, Times, 'Times New Roman', serif;">Your Weight is A Bit High!!!</h1>
  <p style="text-shadow: 2px 2px 15px rgb(156, 195, 161);color: rgb(15, 1, 1);font-size: 30px;font-family:'Trebuchet MS', 'Lucida Sans Unicode', 'Lucida Grande', 'Lucida Sans', Arial, sans-serif">
    Healthy bodies come in all shapes and sizes. While weight loss is not a magic bullet for health, and not everyone needs to pursue weight loss, it might be something you want to work toward to feel your healthiest.Coupled with regular movement, your diet can affect your health outcomes.
  </p>
  <h4 style="text-shadow: 2px 2px 15px rgb(156, 195, 161);color: rgb(45, 73, 74);font-size: xx-large;font-family: 'Times New Roman', Times, serif;">18 of the Best Foods for Your Healthy Weight Journey</h4>
  <ol style="text-shadow: 2px 2px 15px rgb(156, 195, 161);color: rgb(8, 1, 1);font-size: 25px;font-family: 'Trebuchet MS', 'Lucida Sans Unicode', 'Lucida Grande', 'Lucida Sans', Arial, sans-serif;">
    <li>Whole eggs</li>
    <li>Leafy greens</li>
    <li>Salmon</li>
    <li>Cruciferous vegetables</li>
    <li>Chicken breast and some lean meats</li>
    <li>Potatoes and other root vegetables</li>
    <li>Tuna</li>
    <li>Beans and legumes</li>
    <li>Soups</li>
    <li>Cottage cheese</li>
```

```

    <li>Avocados</li>
    <li>Nuts</li>
    <li>Whole grains</li>
    <li>Chili pepper</li>
    <li>Fruit</li>
    <li>Grape fruit</li>
    <li>Chia seeds</li>
    <li>Full fat (whole) Greek yogurt</li>
  </ol>

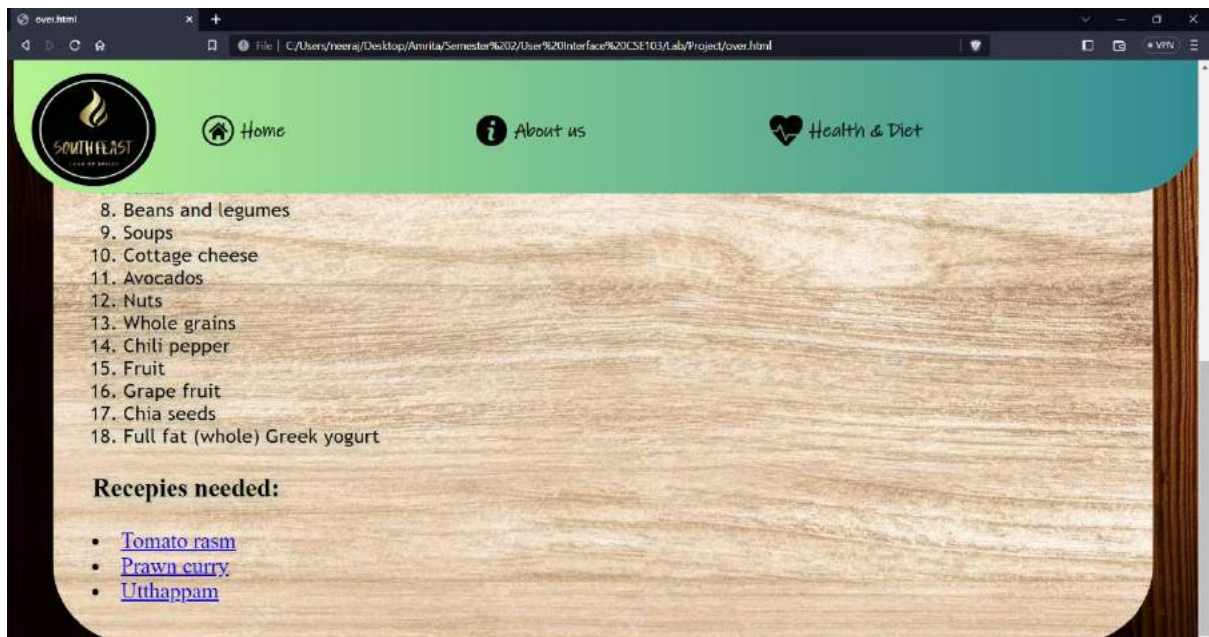
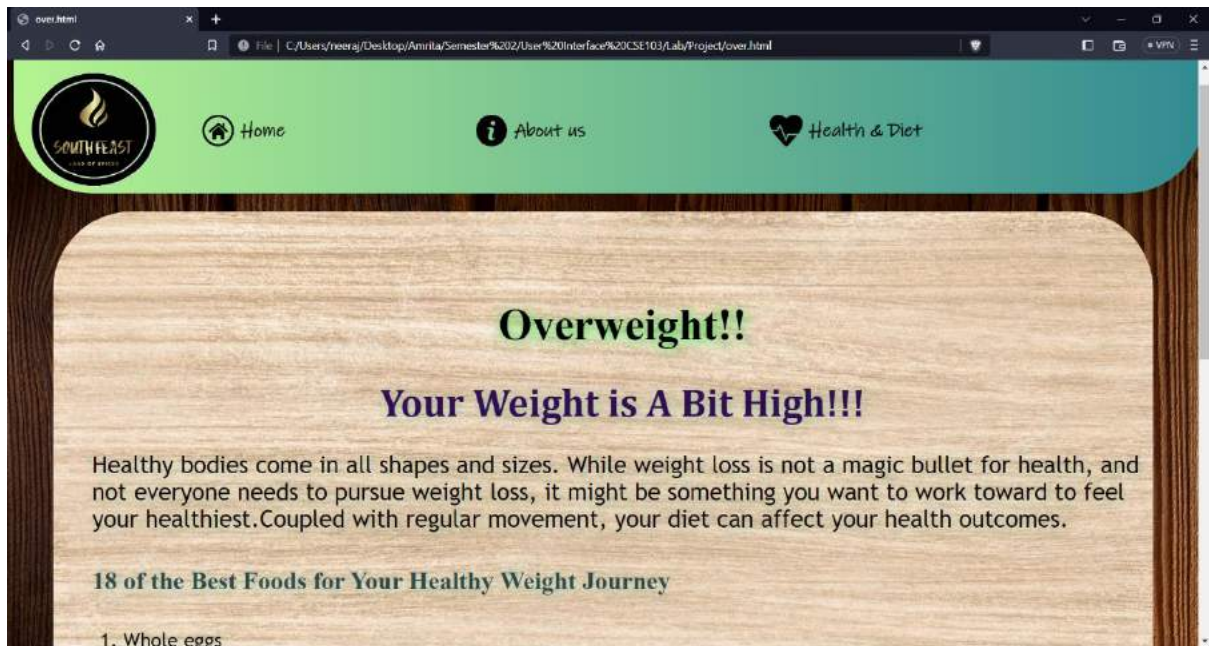
  <h3 style="text-shadow: 2px 2px 15px rgb(156, 195, 161);color: rgb(8, 1, 1);">Recepies needed:</h3>
  <li>
    <a href="trasam.html" target="_self"> Tomato
rasm</a></li>
    <li> <a href="prawncurry.html" target="_self">Prawn
curry</a></li>
    <li>
    <a href="uttapam.html" target="_self"> Utthappam</a></li>

  </div>

</body>
</html>

```

Over weight page output:



Obese weight page code:

```
<!DOCTYPE html>
<html>
<style>
  .header{
    margin-top: 0px;
    width: 100%;
    padding-top: 10px;
```

```

        position: fixed;
        top:0;
        border: none;
        border-bottom-left-radius: 100px;
        border-bottom-right-radius: 100px;
        background-image: linear-gradient(to right, rgb(182,
244, 146), rgb(51, 139, 147));
        z-index:1;
    }
    body{
        background-image: url(wood.jpg);
        background-repeat: no-repeat;
        background-size: cover;
        z-index:0;
    }
    .content{
        margin-top: 200px;
        margin-left: 50px;
        margin-right: 50px;
        padding-left:50px;
        padding-top: 75px;
        padding-bottom: 50px;
        border-radius: 100px;
        font-size: 175%;
        background-image: url(1-wood.jpeg);
    }
</style>
<head>
    <title></title>
    <meta>
</head>
<body>
    <div class="header">
    <table style="width: 100%;" border="0">
        <colgroup>
            <col span="1" style="width: 15.5%;">
            <col span="1" style="width: 3%;">
            <col span="1">
            <col span="1" style="width: 3%;">
            <col span="1">

```

```
<col span="1" style="width: 3%;">  
<col span="1">  
<col span="1" style="width: 5%;">  
<col span="1">  
</colgroup>  
<tr>  
    <td>  
        <a href="project.html">  
              
        </a>  
    </td>  
    <td>  
          
    </td>  
    <td>  
        <form>  
            <button type="home" formaction="main.html"  
style="border:none;font-size:150%;background-  
color:transparent;font-family: ink free;cursor:  
pointer;"><b>Home&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;p  
&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;</button>  
        </form>  
    </td>  
    <td>  
          
    </td>  
    <td>  
        <form>  
            <button class="about" formaction="about.html"  
style="border:none;font-size:150%;background-  
color:transparent;font-family: ink free;text-align:  
left;cursor: pointer;"><b>About  
us&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;</butto  
n>  
        </form>  
    </td>  
  
    <td>
```

```
  
</td>  
<td>  
    <form>  
        <button class="health"  
formation="health.html" style="border:none;font-  
size:150%;background-color:transparent;font-family: ink  
free;cursor: pointer;"><b>Health &  
Diet&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;</but  
ton>  
  
        </form>  
    </td>  
</tr>  
</table>  
</div>  
<br>  
  
<div class="content">  
  
    <h1 style="text-shadow: 2px 2px 15px rgb(53, 227,  
76);"><b><center>Obese</center></b></h1>  
    <h2 style="text-shadow: 2px 2px 15px rgb(156, 195,  
161);"><b><center>Need to concentrate on  
diet!</center></b></h2>  
  
    <p style="text-shadow: 2px 2px 15px rgb(156, 195,  
161);color: rgb(5, 0, 0);font-size: 30px;font-family:'Trebuchet  
MS', 'Lucida Sans Unicode', 'Lucida Grande', 'Lucida Sans',  
Arial, sans-serif">  
        Higher protein diets seem to have some advantages for  
weight loss, though more so in short-term trials; in longer  
term studies, high-protein diets seem to perform equally well  
as other types of diets. (3,4) High-protein diets tend to be  
low in carbohydrate and high in fat, so it is difficult to  
tease apart the benefits of eating lots of protein from those  
of eating more fat or less carbohydrate. But there are a few  
reasons why eating a higher percentage of calories from protein  
may help with weight control:  
    </p>
```

```
<ul style="text-shadow: 2px 2px 15px rgb(156, 195, 161);color: rgb(0, 0, 0);font-size: 25px;font-family: 'Trebuchet MS', 'Lucida Sans Unicode', 'Lucida Grande', 'Lucida Sans', Arial, sans-serif;">
```

```
<li><u>More satiety</u>: People tend to feel fuller, on fewer calories, after eating protein than they do after eating carbohydrate or fat.</li>
```

```
<li><u>Greater thermic effect</u> :It takes more energy to metabolize and store protein than other macronutrients, and this may help people increase the energy they burn each day.</li>
```

```
<li><u>Improved body composition</u>: Protein seems to help people hang on to lean muscle during weight loss, and this, too, can help boost the energy-burned side of the energy balance equation.</li>
```

```
</ul>
```

```
<p style="text-shadow: 2px 2px 15px rgb(156, 195, 161);color: rgb(4, 0, 0);font-size: 30px;font-family:'Trebuchet MS', 'Lucida Sans Unicode', 'Lucida Grande', 'Lucida Sans', Arial, sans-serif">
```

```
Whole grains-whole wheat, brown rice, barley, and the like, especially in their less-processed forms-are digested more slowly than refined grains. So they have a gentler effect on blood sugar and insulin, which may help keep hunger at bay. The same is true for most vegetables and fruits. These “slow carb” foods have bountiful benefits for disease prevention, and there's also evidence that they can help prevent weight gain.
```

```
</p>
```

```
<br>
```

```
<h3 style="text-shadow: 2px 2px 15px rgb(156, 195, 161);color: rgb(8, 1, 1);">Recepies needed</h3>
```

```
<ol>
```

```
<li>
```

```
<a href="trasam.html" target="_self">Tomato Rasam</a>
```

```
</li>
```

```
<li>
```

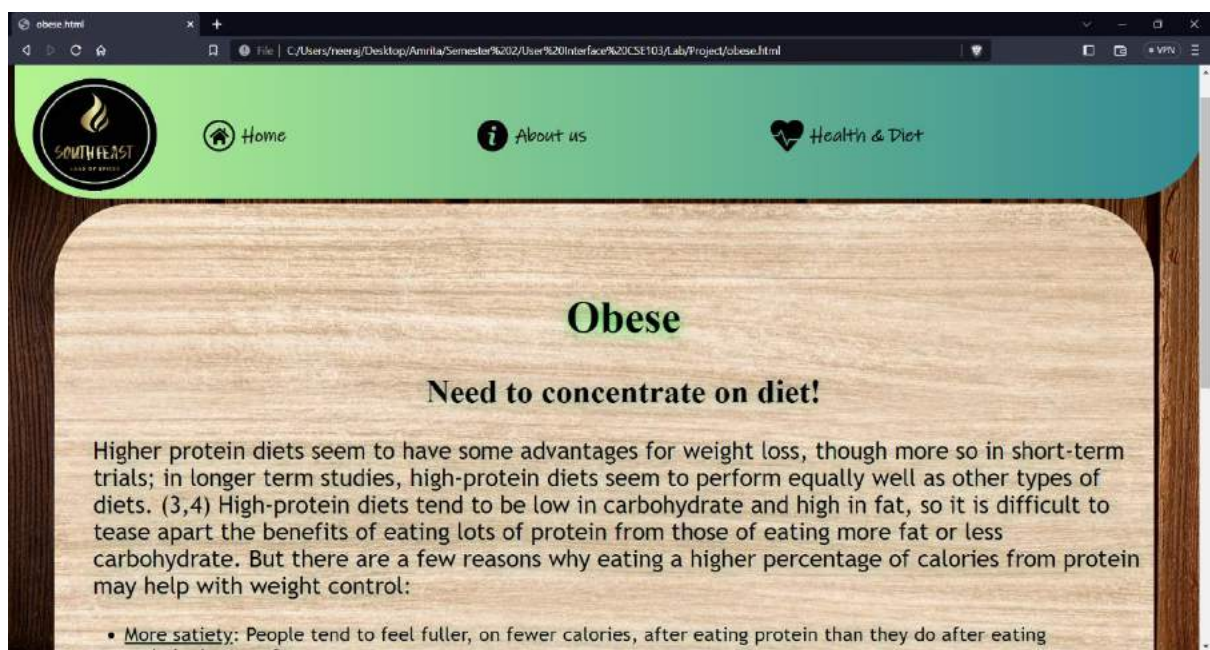
```
<a href="uttapam.html" target="_self">Uttappam</a></li>
```

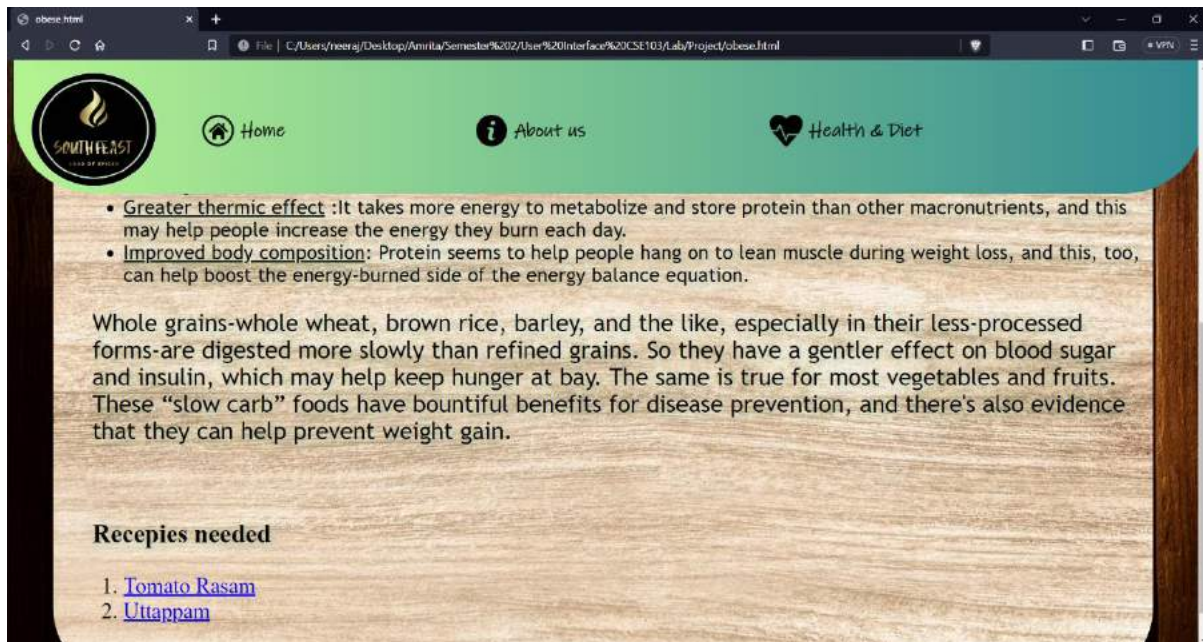
```
</ol>

</div>

</body>
</html>
```

Obese Page Output :





Contributions:

Moori Thanusha Reddy (CB.EN.U4CSE22137):

- Worked on each individual recipe page under all classifications.
- Made the search box implementation on the main page enabling searching for a particular food item.

Mukkamala Harini Krishna Sri Suchitra (CB.EN.U4CSE22138):

- Worked on the Health and Diet page which includes the BMI calculator.
- Made each individual weight status page corresponding to different BMI values.

Nagaruru Raga Varshitha (CB.EN.U4CSE22138):

- Worked on various recipe pages.
- Made the About Us page which provides basic details about the site.
- Implemented the front page which enables the viewer to Get Started to accessing the site.

Neeraj Nair (CB.EN.U4CSE22140):

- Made the main content page serving as the gateway to each individual content page including recipe and BMI page.
- Made the Viewer Feedback page within the about section, enabling a viewer to submit their review/query/bug report via their email address.