<!DOCTYPE html>

<html lang="pt-br">

<head>

    <meta charset="UTF-8">

    <meta http-equiv="X-UA-Compatible" content="IE=edge">

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

    <title>uso de iframes</title>

    <style>

        body{

            font-family: Arial, Helvetica, sans-serif;

        }

        iframe{

            width: 95vw;

            height: 400px;

            border: 2px solid black;

        }

    </style>

</head>

<body>

    <h1>Faça uma escolha</h1>

    <p>

        Lorem ipsum, dolor sit amet consectetur adipisicing elit. Reprehenderit doloribus nemo ipsum soluta magni deserunt beatae porro eius voluptatem, a ullam voluptates odit atque id earum rerum tempore iusto unde.

    </p>

    <ul>

        <li><a href="pagina001.html" target="frame">Primeira pagina</a></li>

        <li><a href="pagina002.html" target="frame">Segunda pagina</a></li>

        <li><a href="pagina003.html" target="frame">terceira pagina</a></li>

    </ul>

    <p>

        Lorem ipsum, dolor sit amet consectetur adipisicing elit. Fuga iusto nisi sequi nobis corporis enim veniam impedit eveniet excepturi delectus, nam qui dolorem reprehenderit beatae harum praesentium, officiis consectetur? Expedita.

        Lorem ipsum dolor sit, amet consectetur adipisicing elit. Ea, placeat. Possimus blanditiis adipisci, consequuntur ex alias eligendi. In, non quo sit ut, provident unde impedit voluptate quisquam, ad totam itaque.

    </p>

    <iframe src="" frameborder="1" name="frame">

        <p>infelizmente seu navegador nao e compativel com isso</p>

    </iframe>

    <p>

        Lorem ipsum dolor sit amet, consectetur adipisicing elit. Totam blanditiis quidem soluta harum modi assumenda doloremque. Eius, quasi, repellendus, aut obcaecati eveniet nesciunt voluptatem nostrum illo nulla explicabo optio provident!

        Lorem ipsum dolor, sit amet consectetur adipisicing elit. Fugit repellendus, optio ducimus tempora exercitationem in, asperiores sed accusantium veniam laborum nemo. Officiis accusamus repudiandae sapiente suscipit exercitationem nam dignissimos sint?

    </p>

</body>

</html>

<!DOCTYPE html>

<html lang="pt-br">

<head>

    <meta charset="UTF-8">

    <meta http-equiv="X-UA-Compatible" content="IE=edge">

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

    <title>pagina de teste 02</title>

    <style>

        body{

            background-color: green;

            font-family: Arial, Helvetica, sans-serif;

            color: white;

        }

    </style>

</head>

<body>

    <h1>pagina de exemplo 03</h1>

    <p>

        Lorem ipsum dolor sit, amet consectetur adipisicing elit. Veniam modi quidem praesentium aut expedita voluptatum laudantium illum fugiat odit doloribus! Odio quam quod temporibus necessitatibus blanditiis tempore. In, tenetur molestias.

    </p>

    <p>

        Lorem ipsum dolor sit amet consectetur adipisicing elit. Eligendi maiores, vero eveniet molestias maxime harum totam, ratione veniam corporis quia, deserunt modi unde fugiat deleniti consequuntur beatae excepturi enim libero.

    </p>

</body>

</html>

**/\* Colocar o name no iframe para linkar o site com a janela do iframe.**

**E sempre colocar o “name” do iframe no target do link da pagina desejada. \*/**