

HTML and CSS Nicholas Gelstharp Assignment

by Nicholas Gelstharp

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HTML & CSS Web Development

Nicholas Gelstharp (2211042)

L4 – Introduction to Web and Database Concepts

5/15/23

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Introduction

This report details the creation of a website for the fictional organisation Coeliac Cymru. A website was hand coded in HTML and CSS that would aim to provide information and links to support for sufferers of Coeliac disease that primarily live in Wales. This report details the requirements of the website and provides evidence of validation of both the index and css file using online tools. Further to this there is research in three key areas of web development, namely usability, SEO and accessibility. In this section these terms are defined and research, and then using this information the completed Coeliac Cymru website is evaluated against many different criteria with both positives and areas for future development highlighted.

Requirements

The website created is for a fictional organisation named Coeliac Cymru. The purpose of this website is to provide information and links to support around the topic of Coeliac disease, for people living in Wales. The website will describe what Coeliac disease is, what the symptoms are, what help and other information is available and what treatments are. The website will also have a function that will allow its visitors to get in touch with Coeliac Cymru and to distinguish which type of allergy they have in the process.

The intended audience for the website would be people living in Wales that suspect or have Coeliac disease and are looking to understand more about it. The links provided are UK wide and so the information and advice would be relevant to anyone in the UK with the disease and so anyone outside of Wales may also find value in using the website.

Implementation

Index.html



[Home](#) [Contact Us](#) [Further Information](#) [Treatment](#) [Support](#)

Welcome to Coeliac Cymru. In this website you will find information on what Coeliac Disease is, how it is diagnosed and how it is treated.

Coeliac disease affects approximately 1% of the population, however many people suffering with the disease will be unaware due to low diagnosis rates. This is in part due to the symptoms which are in most cases, not severe and can be attributed to many other illnesses.

The symptoms usually include an upset stomach, abdominal pain and bloating and this is all caused from an adverse reaction to the consumption of gluten. Gluten can be found in:

- Wheat
- Barley
- Rye

Gluten is found in any food that contains those cereals, including:

- Pasta
- Cakes
- Breakfast Cereals
- Most types of bread
- Certain types of Sauces
- Some ready meals

In addition, most beers are made with barley.

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[Home](#) [Contact Us](#) [Further Information](#) [Treatment](#) [Support](#)

Please complete the form below to get in touch for expert tips, advice and guidance:

- ☐ Mr
☐ Mrs
☐ Master
☐ Miss

First Name:

Last name:

Choose which applies to you

- ☐ Gluten Allergy
☐ Nut Allergy
☐ Dairy Allergy
☐ Diabetes
☐ No confirmed medical dietary ailments

Message:

[Home](#) [Contact Us](#) [Further Information](#) [Treatment](#) [Support](#)

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Coeliac Cymru
LIVING WITHOUT GLUTEN

HomeContact UsFurther InformationTreatmentSupport

Further Information

WIKIPEDIA

The Free Encyclopedia

Search Wikipedia

Create account

Log in

...

Contents [hide]

(Top)

> Signs and symptoms

> Cause

> Pathophysiology

> Diagnosis

Screening

> Treatment

Epidemiology

History

> Social and culture

Research directions

References

ArticleTalk

From Wikipedia, the free encyclopedia

Coeliac disease

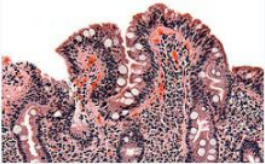
(British English) or celiac disease (American English)

is a long-term autoimmune disorder, primarily affecting the small intestine, where individuals develop intolerance to gluten, present in foods such as wheat, rye and barley.^{[1][2]} Classic symptoms include gastrointestinal problems such as chronic diarrhoea, abdominal distention, malabsorption, loss of appetite, and among children failure to grow normally.^[1] This often begins between six months and two years of age.^[1] Non-classic symptoms are more common, especially in people older than two years.^{[1][2][3][4]} There may be mild or absent gastrointestinal symptoms, a wide number of symptoms involving any part of the body, or no obvious symptoms.^[1] Coeliac disease was first described in childhood,^{[4][5]} however, it may develop at any age.^{[1][3]} It is associated with other autoimmune diseases, such as Type 1 diabetes.

Coeliac disease

Other names

Celiac sprue, nontropical sprue, endemic sprue, gluten enteropathy



HomeContact UsFurther InformationTreatmentSupport

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Coeliac disease is treated by excluding foods that contain gluten from your diet. This prevents damage to the lining of your intestines and the associated symptoms, such as diarrhoea and stomach pain.

If you have coeliac disease, you must stop eating all sources of gluten for life. Your symptoms will return if you eat foods containing gluten, and it will cause long-term damage to your health.

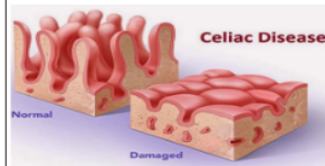
This may sound difficult to do, but a GP can give you help and advice about ways to manage your diet. Your symptoms should improve considerably within weeks of starting a gluten-free diet. However, it may take up to a few years for your digestive system to heal completely.

A GP will offer you an annual review during which your height and weight will be measured and your symptoms reviewed. They'll also ask you about your diet and assess whether you need any further help or specialist nutritional advice.

When you're first diagnosed with coeliac disease, you'll be referred to a dietitian to help you adjust to your new diet without gluten. They can also ensure your diet is balanced and contains all the nutrients you need.

If you have coeliac disease, you'll no longer be able to eat foods that contain any barley, rye or wheat, including farina, semolina, durum, bulgar, cous cous and spelt.

Even if you only eat a small amount of gluten, such as a spoonful of pasta, you may have very unpleasant intestinal symptoms. If you keep eating gluten regularly, you'll also be at greater risk of developing complications, such as osteoporosis and some types of cancer in later life.



Gluten is not essential in your diet and it can be replaced by other foods. There are many gluten-free versions of common foods such as pasta, pizza bases and bread available in supermarkets and health food shops. Some GPs may provide bread and flour mixes on prescription.

Many foods, such as meat, vegetables, cheese, potatoes and rice, are naturally free from gluten so you can still include them in your diet. A dietitian can help you identify which foods are safe to eat and which are not. If you're unsure, you can use the following lists as a general guide.

It's important to always check the labels on the foods you buy. Many foods (particularly processed foods) include additives which contain gluten, such as malt flavouring and modified food starch.

Gluten may also be found in some non-food products, including some medicines.

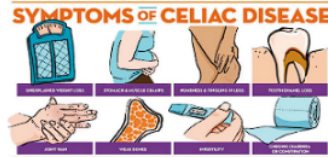
Cross-contamination can happen if gluten-free foods and foods that contain gluten are prepared together or served with the same utensils.

By law, food labelled as gluten-free can contain no more than 20 parts per million (ppm) of gluten. For most people with coeliac disease, these trace amounts of gluten will not cause a problem.

This information was sourced from the NHS

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[Home](#) [Contact Us](#) [Further Information](#) [Treatment](#) [Support](#)

The following websites provide additional information and support for people who have Coeliac Disease. Click on the image below to go to their websites



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Validation of index.html

Nu Html Checker

This tool is an ongoing experiment in better HTML checking, and its behavior remains subject to change

Showing results for index.html

Checker Input

Show ☐ source ☐ outline ☐ image report [Options...](#)

Check by [file upload](#) [Choose file](#) No file chosen

Uploaded files with .xhtml or .xht extensions are parsed using the XML parser.

[Check](#)

Use the Message Filtering button below to hide/show particular messages, and to see total counts of errors and warnings.

[Message Filtering](#)

1. **Info** Trailing slash on void elements [has no effect](#) and [interacts badly with unquoted attribute values](#).

From line 4, column 5; to line 4, column 28

```
head>... <meta charset="utf-8" />... <
```

Document checking completed. No errors or warnings to show.

Used the HTML parser.

Total execution time 7 milliseconds.

[About this checker](#) • [Report an issue](#) • Version: 23.3.31

The above is a validation performed using <https://validator.w3.org/nu/#file>. When this test was first run there were errors where `<ul>` was within `<h1>`, this was resolved by moving the list to outside of `<h1>`. There was a further error that was in place where a tag had not been closed, upon searching I had to close the final div tag in order to remove the error. The information that remains on the HTML checker is an issue that I have not been able to resolve.

Validation of css file

W3C CSS Validator results for nickgelstharpcss.css (CSS level 3 + SVG)

Sorry! We found the following errors (2)

URI : *nickgelstharpcss.css*

57	#main-menu	Value Error : padding <code>none</code> is not a <code>padding</code> value : <code>none</code>
63	#main-menu	Value Error : margin-top <code>none</code> is not a <code>margin-top</code> value : <code>none</code>

[↑ TOP](#)



Interested in "developing" your developer skills? In W3C's hands-on Professional Certificate Program, learn how to code the right way by creating Web sites and apps that use the latest Web standards. [Find out more!](#)

[Donate](#) and help us build better tools for a better web.

The CSS validator found the following 2 errors within my original file. The first issue was stating that the value I had entered for padding was invalid. To rectify this, as I did not need any padding within this section I removed that line.

The second error is referring to the margin at the top of the main menu section, which again I have entered a value that is not recognised. I removed this line and then repeated the upload of my CSS file which resulted in no error's being found.

W3C CSS Validator results for nickgelstharpcss.css (CSS level 3 + SVG)

Congratulations! No Error Found.

This document validates as [CSS level 3 + SVG](#) !

To show your readers that you've taken the care to create an interoperable Web page, you may display this icon on any page that validates. Here is the XHTML you could use to add this icon to your Web page:



```
<p>
  <a href="http://jigsaw.w3.org/css-validator/check/referer">
    
  </a>
</p>
```



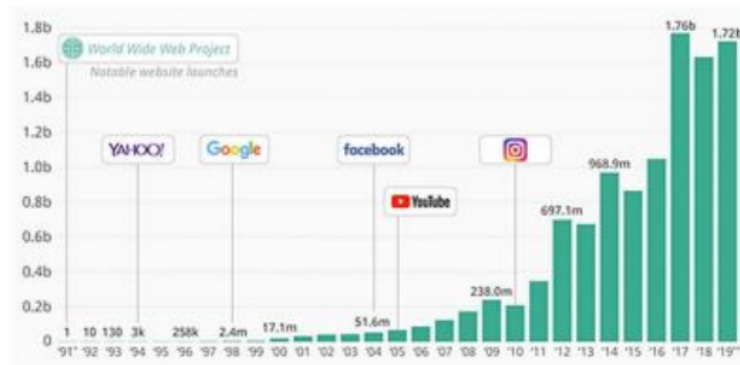
```
<p>
  <a href="http://jigsaw.w3.org/css-validator/check/referer">
    
  </a>
</p>
```

Evaluation

a)

Website usability and utility is of critical importance for any web developer hoping to gain consistent traffic to through their site. One of the main reasons for this is that over the last 10 years the amount of websites in existence has exploded with an estimate from 2019 stating that 1.72b websites existed at that time.

Figure 2. Number of Web Sites All over the World
Source: (Armstrong, 2019)



[1]

With all of this competition users' expectations are high and as a website's usability is not at least as good as other websites, users will be unlikely to return and poor web presence could also damage the legitimacy of a brand such is the ubiquity of websites in the modern era.

Website usability could be categorised in the following 5 ways

- 1) Ease of understanding
- 2) Simplicity of use
- 3) How quickly a user can find the information they require
- 4) How easy the perception of navigation is on the website
- 5) The ability of the user to control what they are doing whilst on the website

[2]

In the role of web development, each of the above should be a key consideration from the very beginning and the structure and content of the website should all be determined with these things in mind from the conceptual stage, to ensure that the end product meets the needs of the clients. It is equally important to note that the purpose and target audience for a website will drastically alter the meaning of each of the categories above. For example, ease of understanding for a website that provides math tuition for primary school children will be significantly different from a website that is selling clothes.

Another key consideration during web development is web accessibility. The leading authority on web accessibility would be W3C and their most up to date guidance for accessible web development is broken down into the following four categories.

Accessibility: WCAG2 at a Glance

Perceivable

- Provide **text alternatives** for non-text content.
- Provide **captions and alternatives** for audio and video content.
- Make content **adaptable** ; and make it **available** to assistive technologies.
- Use **sufficient contrast** to make things easy to see and hear.

Operable

- Make all functionality **keyboard accessible** .
- Give users **enough time** to read and use content.
- Do not use content that causes **seizures** .
- Help users **navigate and find** content.

Understandable

- Make text **readable and understandable** .
- Make content appear and operate in **predictable** ways.
- Help users **avoid and correct mistakes** .

Robust

- Maximize **compatibility** with current and future technologies.

[3]

This cheat sheet produced by W3C gives a clear indication of all of the features required from a modern-day website and is about to be superseded by WCAG3 which will aim to simplify this guidance. The evaluation of website accessibility has been automated in many instances with tools such as AChecker, aXe Tool and Wave Tool allowing open source access that provides web developers with indications of how compliant their websites are with WCAG 2.1 and valuable metrics which can enable web developer to continually strive for better accessibility. This will ensure that the potential audience for a website is as wide and inclusive as possible.

Search engine optimisation (SEO) is vital for web developers as by far one of the most common ways that users will discover websites is through search engines such as Google or Bing. SEO can be described as the efforts a web developer makes to improve the ranking in the search results for given keywords [4].

Search engines, whilst they often do not sell anything directly to the majority of its visitors, generate billions of pounds every year from advertising from marketing initiatives and website owners. This is achieved through providing effective search results to its users and as such it is within their interest to ensure that the results served up to an individual using their engine is as appropriate as possible. Failure to do this will likely mean that the user will switch to an alternative search engine and potentially never return. [5]

A study of Greek internet traffic sought to discover the correlation between the most popular websites in the country and SEO usage. They looked for the presence of the following SEO techniques

Meta description and keyword tags

Image optimisation (alt tags)

URL (meaningful and having keywords within them)

Linking sites.

Website speed/load time

PageRank (an algorithm used by Google to rank a web page from 0-10, the higher the better)

Bounce Rate (how many users left after visiting just one page)

Social Media (active links to Social Media accounts)

The result of this study found that of the top 50 websites 74.49% of the features listed above were optimised for SEO with 100% of those websites having Meta description and keyword tag optimisation [6]. This clearly shows the importance to a web developer of SEO and without correct implementation it would be unlikely that a website would be successful, unless there is already a significant brand presence.

b)

Evaluating the Coeliac Cymru website for usefulness I would consider the same five factors discovered during research

- 1) Ease of understanding – the website has been designed with simplicity in mind. Each of the pages is clean and only contains the information that the user is likely to be looking for at that time. The website is extremely simple and therefore easy to understand. However, an improvement in this area could have come in the form of more description on the index page that would allow user to better understand what was within each page. Each page could also perhaps have had a description at the top to describe its purpose.
- 2) Simplicity of use – The website has dynamically sized text, images and navigation bars to ensure it is very simple to use. The navigation bars are dynamically coloured so that hovering over them shows the user that they can be clicked. Having two navigation bars and the logo hyperlink consistently means that the user will be able to navigate to any part of the website

at any time. To improve in this area I could have created a vertical navigation bar, which is perhaps more common and also maybe changed the titles of the links on the navigation bar to be more meaningful.

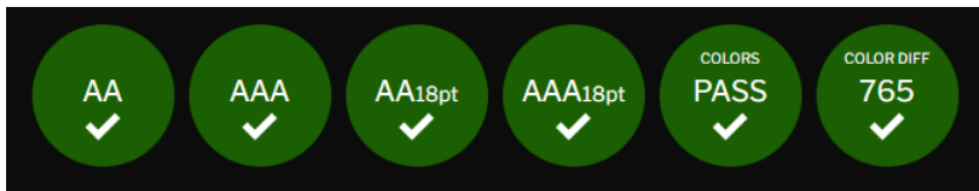
- 3) How quickly a user can find the information they require – the website has been designed in a way that ensures that all of the pages are available within a single click at all times from either the top or bottom navigation bar. This makes the information very easy and quick to find.
- 4) How easy the perception of navigation is on the website – as above the website is simple and consists of 5 pages which can be accessed at all times from multiple hyperlinks which makes the perception of the navigation of the website very simple.
- 5) The ability of the user to control what they are doing whilst on the website – The user has full control over this element, which again is due to the navigation bars. Within all of the pages everything is explained clearly and the user is never out of control as there are no automated process which assume control from them.

Overall I think the design of the website is simple enough that anyone should be able to find the information within very quickly and easily. The utility is also good, as the form created is very simple and doesn't ask for any information not needed and the information almost all of the pages will fit nicely on to most screens thanks to dynamic scaling. The utility could have been improved through better descriptions and the support section being renamed to better reflect its purpose of linking to further support. The look and feel of the website is consistent and minimalist, the red is there to represent the Welsh element and in these two areas it is successful. However, the website is quite cold and clinical in its simplicity and would not be very welcoming for potential visitors. This could be improved with animation, background images and perhaps a redesigned header to be more accommodating. The content is largely generated from NHS sources to ensure its accuracy [7]. Further improvements to the content would be to make it richer with further images on each of the pages, more informative text and again to make the design more welcoming and less clinical.

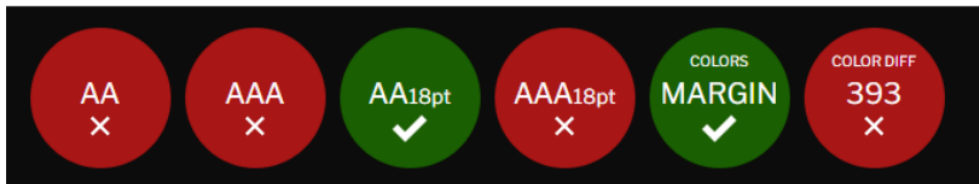
The SEO techniques that have been applied to the website are in that any images that have been included have alt tags which can be picked up by SEO. The proposed URL Coeliac Cymru is meaningful and has the Keyword Coeliac within it which will help with SEO. However, Cymru would only be a keyword for Welsh speakers which, could limit the traffic. The links within Coeliac Cymru are to respected authorities within the Coeliac community which will also assist with SEO. An improvement in this area would have been to employ Meta tags and descriptions which are the main way that a search engine would discover the website through its automation processes.

In order to check accessibility the website was evaluated against the 4 principles of WCAG2.1.

Perceivability – the website does have text alternatives for non-text content. There is no audio or video content and so captioning was not required. The website is designed to be reactive to size and mouse hovering and so it is adaptable by device. However, no specific assistive technologies were considered during its design. The contrast of the website was checked using www.contrastchecker.com with the main body being black texts on white background this contrast is correct on all metrics



However, the main logo that is used throughout was less successful in the contrast test



To improve this black outlines on the text itself would have made the contrast better and choosing a deeper colour red may also have improved this element of accessibility.

Operable – The website has no automation which means that users can take their time to read the static text and elements and they will not be pressured here. The consistent application of navigation bars will also help users to easily navigate and find content. There is no animation within the website and as such no elements will cause seizures or physical reactions. The majority of the webpages can be navigated using a keyboard, the only exception to this is the iframe which once entered using tab on the keyboard cannot be exited without the use of a mouse.

Understandable – The text is readable and understandable. Content is presented in a consistent manner throughout which means that users can accurately predict the likely structure of the website at any given point. There are no elements specifically designed to help users avoid and correct mistakes.

Robust - The website is designed to dynamically scale depending on the size of the window it is being presented through and in this way it is quite robust.

Overall, the website is accessible and meets the majority of the points required. However, some tweaks to the colour scheme and some additional attention a few other minor elements would have increased this accessibility further.

References

- [1] Y. Akgul, in *App and Website Accessibility Developments and Compliance Strategies*, Pennsylvania, Engineering Science, 2022, p. 7.
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- [6] D. Giomelakis and A. Veglis, *Investigating Search Engine Optimization Factors in Media Websites*, vol. 4, no. 3, pp. 379-400, 2016.
- [7] NHS, "Coeliac disease," NHS, 31 March 2023. [Online]. Available: <https://www.nhs.uk/conditions/coeliac-disease/>. [Accessed 15 May 2023].

Appendices

Index.html

```
<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="utf-8" />

<title>Coeliac Cymru</title>

<link rel="stylesheet" type="text/css" href="nickgelstharpcss.css">

</head>

<body>

<hr>

<a href="index.html">

</a>

<hr>

<div class="top-menu">

<ul id="main-menu">

<li><a href="index.html">Home</a></li>

<li><a href="contactus.html">Contact Us</a></li>

<li><a href="further.html">Further Information</a></li>

<li><a href="treatment.html">Treatment</a></li>

<li><a href="support.html">Support</a></li>

</ul>

</div>

<hr>

<div class="container">

<div class="white-paraleft">
```

Welcome to Coeliac Cymru. In this website you will find information on what Coeliac Disease is, how it is diagnosed and how it is treated.

Coeliac disease affects approximately 1% of the population, however many people suffering with the disease will be unaware due to low diagnosis rates. This is in part due to the symptoms which are in most cases, not severe and can be attributed to many other illnesses.

The symptoms usually include an upset stomach, abdominal pain and bloating and this is all caused from an adverse reaction to the consumption of gluten. Gluten can be found in:

</h1>

Wheat

Barley

Rye

Gluten is found in any food that contains those cereals, including:
</h1>

Pasta

Cakes

Breakfast Cereals

Most types of bread

Certain types of Sauces

Some ready meals

In addition, most beers are made with barley.

</h1>

</div>

</div>

<div class="bottom-menu">

Home

Contact Us

```
<a href="further.html">Further Information</a>
```

```
<a href="treatment.html">Treatment</a>
```

```
<a href="support.html">Support</a>
```

```
<br><br>
```

```
Copyright &copy; Nick Gelstharp 2023
```

```
</div>
```

```
</body>
```

```
</html>
```

Contactus.html

```
<!DOCTYPE html>
```

```
<html>
```

```
<head>
```

```
<html lang="en">
```

```
<meta charset="utf-8" />
```

```
<title>Contact Coeliac Cymru</title>
```

```
<link rel="stylesheet" type="text/css" href="nickgelstharpcss.css">
```

```
</head>
```

```
<body>
```

```
<hr>
```

```
<a href="index.html">
```

```
</a>
```

```
<hr>
```

```
<div class="top-menu">
```

```
<ul id="main-menu">
```

```
<li><a href="index.html">Home</a></li>
```

```
<li><a href="contactus.html">Contact Us</a></li>
```

```
<li><a href="further.html">Further Information</a></li>

<li><a href="treatment.html">Treatment</a></li>

<li><a href="support.html">Support</a></li>

</ul>

</div>

<hr>

<hr>Please complete the form below to get in touch for expert tips, advice and guidance:
<br><br>

<div class="container">

<div class="white-para">

<form>

<input type="radio" id="mr" name="mr" value="Mr">

<label for="mr">Mr</label><br>

<input type="radio" id="css" name="mrs" value="mrs">

<label for="mrs">Mrs</label><br>

<input type="radio" id="master" name="master" value="Master">

<label for="master">Master</label><br>

<input type="radio" id="miss" name="miss" value="miss">

<label for="miss">Miss</label>

<br><br>

<label for="firstname">First Name:</label><br>

<input type="text" id="fname" name="fname"><br>

<label for="lname">Last name:</label><br>

<input type="text" id="lname" name="lname">

<br><br>

Choose which applies to you

<br><br>
```

```
<input type="checkbox" id="gluten" name="gluten" value="gluten">
<label for="gluten">Gluten Allergy</label><br>
<input type="checkbox" id="nut" name="nut" value="nut">
<label for="nut">Nut Allergy</label><br>
<input type="checkbox" id="dairy" name="dairy" value="dairy">
<label for="dairy">Dairy Allergy</label><br>
<input type="checkbox" id="diabetes" name="diabetes" value="diabetes">
<label for="diabetes">Diabetes</label><br>
<input type="checkbox" id="NA" name="NA" value="NA">
<label for="Na">No confirmed medical dietary ailments</label><br>
<br><br>
<label for="message">Message:</label><br>
<input type="text" id="msg" name="msg"><br><br>
<input type="submit" value="Submit">
<br><br>
</div>
</body>
<hr>
<body>
<div class="bottom-menu">
<a href="index.html">Home</a>
<a href="contactus.html">Contact Us</a>
<a href="further.html">Further Information</a>
<a href="treatment.html">Treatment</a>
<a href="support.html">Support</a>
<br><br>
Copyright &copy; Nick Gelstharp 2023
```

```
</body>
```

```
</html>
```

Further.html

```
<!DOCTYPE html>
```

```
<html>
```

```
<head>
```

```
<html lang="en">
```

```
<meta charset="utf-8" />
```

```
<title>Further Information</title>
```

```
<link rel="stylesheet" type="text/css" href="nickgelstharpcss.css">
```

```
</head>
```

```
<body>
```

```
<hr>
```

```
<a href="index.html">
```

```
</a>
```

```
<hr>
```

```
<div class="top-menu">
```

```
<ul id="main-menu">
```

```
<li><a href="index.html">Home</a></li>
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<li><a href="contactus.html">Contact Us</a></li>
```

```
<li><a href="further.html">Further Information</a></li>
```

```
<li><a href="treatment.html">Treatment</a></li>
```

```
<li><a href="support.html">Support</a></li>
```

```
</ul>
```

```
</div>
```

```
<hr>
```

```

<div class="container">

<div class="gray-para">

<h1>

<p>Further Information</p>

<iframe src="https://en.wikipedia.org/wiki/Coeliac_disease" name="iframe1" width="100%"
height="500"></iframe>

</div>

<br>

<a href="https://en.wikipedia.org/wiki/United_Kingdom" target="iframe1">Go to wikipedias
UK page</a>

</div>

</body>

<hr>

<body>

<div class="bottom-menu">

<a href="index.html">Home</a>

<a href="contactus.html">Contact Us</a>

<a href="further.html">Further Information</a>

<a href="treatment.html">Treatment</a>

<a href="support.html">Support</a>

<br><br>

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</body>

</html>

```

Treatment.html

```

<!DOCTYPE html>

<html>

```

```
<head>

<html lang="en">

<meta charset="utf-8" />

<title>Treatment</title>

<link rel="stylesheet" type="text/css" href="nickgelstharpcss.css">

</head>

<body>

<hr>

<a href="index.html">

</a>

<hr>

<div class="top-menu">

<ul id="main-menu">

<li><a href="index.html">Home</a></li>

<li><a href="contactus.html">Contact Us</a></li>

<li><a href="further.html">Further Information</a></li>

<li><a href="treatment.html">Treatment</a></li>

<li><a href="support.html">Support</a></li>

</ul>

</div>

<hr>

<h1>

<div class="container">

<div class="white-paraleft">

Coeliac disease is treated by excluding foods that contain gluten from your diet.This prevents
damage to the lining of your intestines and the associated symptoms, such as diarrhoea and
stomach pain.


```


If you have coeliac disease, you must stop eating all sources of gluten for life. Your symptoms will return if you eat foods containing gluten, and it will cause long-term damage to your health.

This may sound difficult to do, but a GP can give you help and advice about ways to manage your diet. Your symptoms should improve considerably within weeks of starting a gluten-free diet. However, it may take up to a few years for your digestive system to heal completely.

A GP will offer you an annual review during which your height and weight will be measured and your symptoms reviewed. They'll also ask you about your diet and assess whether you need any further help or specialist nutritional advice.

When you're first diagnosed with coeliac disease, you'll be referred to a dietitian to help you adjust to your new diet without gluten. They can also ensure your diet is balanced and contains all the nutrients you need.

If you have coeliac disease, you'll no longer be able to eat foods that contain any barley, rye or wheat, including farina, semolina, durum, bulgar, cous cous and spelt.

Even if you only eat a small amount of gluten, such as a spoonful of pasta, you may have very unpleasant intestinal symptoms. If you keep eating gluten regularly, you'll also be at greater risk of developing complications, such as osteoporosis and some types of cancer in later life.

Gluten is not essential in your diet and it can be replaced by other foods. There are many gluten-free versions of common foods such as pasta, pizza bases and bread available in supermarkets and health food shops. Some GPs may provide bread and flour mixes on prescription.

Many foods, such as meat, vegetables, cheese, potatoes and rice, are naturally free from gluten so you can still include them in your diet. A dietitian can help you identify which foods are safe to eat and which are not. If you're unsure, you can use the following lists as a general guide

It's important to always check the labels on the foods you buy. Many foods (particularly processed foods) include additives which contain gluten, such as malt flavouring and modified food starch.

Gluten may also be found in some non-food products, including some medicines.

Cross-contamination can happen if gluten-free foods and foods that contain gluten are prepared together or served with the same utensils.

By law, food labelled as gluten-free can contain no more than 20 parts per million (ppm) of gluten. For most people with coeliac disease, these trace amounts of gluten will not cause a problem.

<i>

This information was sourced from the NHS

</i>

</h1>

</div>

</div>

</body>

<div class="bottom-menu">

Home

Contact Us

Further Information

Treatment

Support

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```
</body>
```

```
</html>
```

Support.html

```
<!DOCTYPE html>
```

```
<html>
```

```
<head>
```

```
<html lang="en">
```

```
<meta charset="utf-8" />
```

```
<title>Support</title>
```

```
<link rel="stylesheet" type="text/css" href="nickgelstharpcss.css">
```

```
</head>
```

```
<body>
```

```
<hr>
```

```
<a href="index.html">
```

```
</a>
```

```
<hr>
```

```
<div class="top-menu">
```

```
<ul id="main-menu">
```

```
<li><a href="index.html">Home</a></li>
```

```
<li><a href="contactus.html">Contact Us</a></li>
```

```
<li><a href="further.html">Further Information</a></li>
```

```
<li><a href="treatment.html">Treatment</a></li>
```

```
<li><a href="support.html">Support</a></li>
```

```
</ul>
```

```
</div>
```

```
<hr>
```

```

<div class="container">

<div class="white-paraleft">

<h1>The following websites provide additional information and support for people who have
Coeliac Disease. Click on the image below to go to their websites<br><br>

<a href="https://www.nhs.uk/conditions/coeliac-disease/"></a>

<a href="https://www.coeliac.org.uk/information-and-support/coeliac-disease/about-coeliac-
disease/"></a>

<a href="https://gutscharity.org.uk/advice-and-information/conditions/coeliac-disease/"></a>

</h1>

</div>

</a>

</div>

</body>

<div class="bottom-menu">

<a href="index.html">Home</a>

<a href="contactus.html">Contact Us</a>

<a href="further.html">Further Information</a>

<a href="treatment.html">Treatment</a>

<a href="support.html">Support</a>

<br><br>

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</body>

</html>

```

CSS file

```

h2 {
    color:red;
}

```

```
h1 {
  color:black;
  font-size:14px;
}
body{
  background-color:white;
  font-family: "Verdana";
}
.container {
  width:auto;
  margin:auto;
}
.white-paraleft{
  background-color:white;
  color:black;
  border:2px solid black;
  padding:5px;
  float:left;
  width:100%;
}
.top-menu{
  background-color:#ff4d4d;
  color:black;
  padding:5px;
  width:100%;
}
.bottom-menu{
  background-color:#ff4d4d;
  color:black;
  padding:5px;
  width:100%;
}
.gray-pararight{
  background-color:white;
  color:black;
  border:2px solid black;
  padding:5px;
  float:right;
  width:40%;
}
.bot-para{
  background-color:gray;
  color:white;
  border:1px solid black;
}
a{
  color:white;
}
a:hover{
  color:gray;
```

```
}
#main-menu{
    list-style:none;
    text-align:center;
    border: none;
    font-size:14px;
}
#main-menu > li {
    display:inline;
    padding:15px;
}
@media(max-width:600px){
    #main{
        width:100%;
        float:none;
    }

    #gray-paraleft{
        width:100%;
        float:left;
    }
    #gray-pararight{
        width:100%;
        float:right;
    }

    #navbar li{
        display:block;
    }
}
```

HTML and CSS Nicholas Gelstharp Assignment

GRADEMARK REPORT

FINAL GRADE

GENERAL COMMENTS

Instructor

70/100

PAGE 1

PAGE 2

PAGE 3

PAGE 4

PAGE 5

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PAGE 24

PAGE 25

PAGE 26

PAGE 27

PAGE 28

PAGE 29

PAGE 30

GRADING FORM: GJ_2019

NICHOLAS GELSTHARP

280

ENGAGEMENT WITH LITERATURE



A reasonable number of references used

65

KNOWLEDGE AND UNDERSTANDING



Quite a detailed level of K&U in most areas. Good analysis in relation to the website created.

78

COGNITIVE AND INTELLECTUAL

PRACTICAL APPLICATION



A reasonable hand coded website with most of the requisite items.

Good level of validation.

Could have included a site map and wireframes to show the design process.

69

TRANSFERABLE SKILLS



Fairly well laid out and presented.

Could have had a more detailed TOC and used the

1.1

1.2

method of segmentation.

68