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<title> </title>
```

The screenshot shows a web browser window with the URL `https://food.ndtv.com/food-drinks/benefits-of-banana-how-`. The page content includes:

- Section Header:** `<h> </h>` points to the title **Wonderful Benefits of Banana**.
- Image:** `<img src="" ">` points to a photograph of a bunch of yellow bananas.
- Text:** `<p>` points to the paragraph: *Adding a banana to your daily diet has an array of benefits in your body.*
- Text:** `<br>` points to a line break in the text: *Bananas helps*.
- List-Group:** `<ul> </ul>` points to a list of four benefits:
  - 1. loss of weight*
  - 2. keep your bowels healthy*
  - 3. provide nutrients that regulate heart rhythm*
  - 4. have vitamin compounds for eye health.*
- Text:** `<b>` points to the bolded text: **Bananas provide a variety of vitamins and minerals:**
- List-Group:** `<ol> </ol>` points to a list of nutrients:
  - Vitamin B6 - 0.5 mg.
  - Manganese - 0.3 mg.
  - Vitamin C - 9 mg.
  - Potassium - 450 mg.
  - Dietary Fibre - 3g.
  - Protein - 1 g.
  - Magnesium - 34 mg.
- Text:** `<a href="" "> <a>` points to the link [More about bananas](#).