Provide a detailed report (step by step) for doing the following :

Create a simple database tables with a relationship connecting the tables to each other on the HR schema using oracle 10g express edition (for a shop)

Using the following :

**CLIENTS**(id , name ,gender(f/m), email ,region\_id ,comments)

**REGION**(id , name)

**ORDERS(**(id , customer\_id , total ,payed(N/Y) )

**ORDER\_ITEMS** (order\_it , Item\_id , quantity)

**ITEM**(id ,name ,price , stock\_quantity )

fill the tables with at least 5 rows

**(Imagen your own shop and fill the item as what you like to sell)**

**Bonus**: create a SQL file to Create and populate the tables automatically.