Understanding?

To understand the REST API you must know Node MongoDB

Node using express

* We can get data from (HTML forms, postman) and land that data on an URL but store in nothing

MongoDB

MongoDB = MongoDB shell, MongoDB compass, mongoose

1. MongoDB Shell = Sending Data From Shell To Database.
2. MongoDB Compass = Sending Data From Application To Database.
3. Mongoose = We Get Data From (HTML Forms, Postman) And Land It On URL And Mongoose Send That Data To Database.

Answer: We Use Node To Land Data On An URL And Use Mongoose To Send That Data To Database.

**REST API**

Let me explain REST first through some points and then we move on API

REST (your rules/other rules)

* REST stands for **Representational State Transfer** which means it is an art of sending data through URL in database.
* REST is a logical choice for building APIs that allow users to connect to, manage and interact

API (your data/others data)

* APIstands for **Application Programming Interface**
* It is a form of data (like JSON), or format, can be present in your computer of server.
* A application use a API to show interface

REST + API (rules + data)

* REST means a logical choice or how you want to play with your data and API means format of data which you can add to your application.
* In our case my rules, my data