

# POST Method

In this lesson, we will learn about the HTTP POST method.

## We'll cover the following ^

- What is the POST method?

## What is the POST method? #

The **HTTP POST** method sends data to the server to create a new resource.

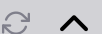
The request body type is indicated by the **Content-Type** header field. Let's take an example to understand more about it.

Let's make a **POST** request for the given **URL**.

```
curl -iX POST -H "Content-Type: application/json" -d '{ "email": "eve.holt@reqres.in", "password": "pistol" }' https://reqres.in/api/register
```

- In the **POST** request above, ( **-iX** is for **HTTP Method**, **-H** is short for **--header**, **-d** for **--data** ). The data is passed in the form of a **JSON** string.

● Terminal



## Understanding the terminal output

- A new resource is created. The output shows response header(s), a message body in a **JSON** format containing **id**, and **token** key/value pairs.

## Note

- We are using fake **JSON** data response for **demo** purposes, you can learn more about it [here](#).
- Please refer to this [Making a POST Request Using curl](#) article for more information.

---

In the next lesson, we will learn about the HTTP PUT method.

