**Thread**

* A low-level unit of execution managed by the operating system.
* Consumes more resources and requires manual handling.
* Not ideal for scalable or efficient asynchronous programming.
* Difficult to return results directly.

**Task**

* A high-level abstraction that runs code asynchronously using thread pool.
* More efficient, lightweight, and easier to use.
* Works well with async/await and supports returning results.
* Recommended for modern .NET asynchronous programming.

**In short:**  
Use Task instead of Thread in most real-world applications due to its efficiency and simplicity.