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npm install express mongoose body-parser
const express = require('express');
const mongoose = require('mongoose');
const bodyParser = require('body-parser');

const app = express();
const PORT = process.env.PORT || 3000;

// Connect to MongoDB
mongoose.connect('mongodb://localhost:27017/my_database', { useNewUrlParser: true,
useUnifiedTopology: true })
  .then(() => console.log('MongoDB connected'))
  .catch(err => console.log(err));

// Define Schema
const Schema = mongoose.Schema;
const itemSchema = new Schema({
  name: String,
  description: String
});
const Item = mongoose.model('Item', itemSchema);

// Middleware
app.use(bodyParser.json());

// Routes
app.get('/items', async (req, res) => {
  const items = await Item.find();
  res.json(items);
});

app.post('/items', async (req, res) => {
  const newItem = new Item(req.body);
  await newItem.save();
  res.status(201).send('Item created');
});

app.put('/items/:id', async (req, res) => {
  await Item.findByIdAndUpdate(req.params.id, req.body);
  res.status(200).send('Item updated');
});

app.delete('/items/:id', async (req, res) => {
  await Item.findByIdAndDelete(req.params.id);
```

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    res.status(200).send('Item deleted');
});

// Start server
app.listen(PORT, () => {
  console.log(`Server is running on port ${PORT}`);
});
```