1) How do web APIs work? Why are they useful?

Web APIs form an abstract 'middle layer' between an application (e.g. a web application) layer and a server layer. A web API allows the application layer to perform business (CRUD operations) with the server without needing any knowledge of how to program for the server. Likewise, the server doesn't need any knowledge about the application.

- https://tray.io/blog/how-do-apis-work

2) What does REST stand for and what are some of the key concepts that identify it?

REST stands for REpresentational State Transfer, A REST API delivers a set of predefined operations that allow access to data via http. Namely the GET, POST, PUT, and DELETE methods. REST APIs deliver data payloads of either HTML, JSON, or XML.

- https://tray.io/blog/how-do-apis-work