

What is JSON?

JSON is just a (usually long) string whose contents follow a specific format.
One example of JSON:

```
{
  "key": "value",
  "another": 25,
  "listic_data": [
    1,
    3,
    7
  ],
  "sub_objects": {
    "name": "Rolf",
    "age": 25
  }
}
```

So at its core, you've got:

- Strings
- Numbers
- Booleans (true or false)
- Lists
- Objects (akin to dictionaries in Python)
 - Note that objects are not ordered, so the keys could come back in any order. This is not a problem!

At the top level of a piece of JSON you can have an object or a list. So this is also valid JSON:

```
[
  {
    "name": "Rolf",
    "age": 25
  },
  {
    "name": "Anne",
    "age": 27
  },
  {
    "name": "Adam",
    "age": 23
  }
]
```

When we return a Python dictionary in a Flask route, Flask automatically turns it into JSON for us, so we don't have to.

Remember that "turning it into JSON" means two things:

1. Change Python keywords and values so they match the JSON standard (e.g. True to true).
2. Turn the whole thing into a single string that our API can return.

Quelle: https://rest-apis-flask.teclado.com/docs/first_rest_api/what_is_json/