Keypoints

1. SQL allows you to insert records into a table using the INSERT statement.

2. There are two ways to write an INSERT statement: specifying both column names and values, or directly adding values for all columns.

3. When specifying column names, use the syntax INSERT INTO table_name (column1, column2, ...) VALUES (value1, value2, ...).

4. Enclose string or text values in double quotes.

5. After writing the INSERT statement, close it with a semicolon and run the query.

6. To check if the data has been inserted, use a SELECT statement to retrieve all records from the table.

7. The second way to insert records is to directly use the VALUES keyword without specifying column names.

8. Make sure to input values based on the columns mentioned in the table.

9. You cannot insert data for a single column using the second method.

10. Run the query and check the number of rows affected to verify the data insertion.