EXPLAIN, placé avant la requête, permet d'avoir des info techniques sur ce que fait/contient la requête :

/* Afficher la liste de toutes les personnes */

SELECT * FROM people;

	id	lastname	firstname	birthdate	status_id	role_id	region_id
1	1	Baggins	Frodo	2968-09-22 ⇕	4 →	3 →	5 →
2	2	Gamgee	Samwise	2980-04-06 ⇕	4 →	3 →	5 →
3	3	Gandalf	Le Blanc	0000-01-01 ⇕	3 →	1 →	1 →
4	4	Aragorn	Elessar	2931-03-01 ⇕	3 →	5 →	2 →
5	5	Legolas	Greenleaf	0000-01-01 ⇕	1 →	2 →	6 →

EXPLAIN SELECT * FROM people

	id	select_type	table	partitions	type	possible_keys	key	key_len	ref	rows	filtered	Extra
1	1	SIMPLE	people	NULL	ALL	NULL	NULL	NULL	NULL	5	100.00	NULL

/* Rechercher toutes les quêtes assignées à une personne spécifique. */

SELECT p.lastname, p.firstname, q.title FROM people p
JOIN people_quests pq ON p.id = pq.people_id
JOIN quests q ON pq.quests_id = q.id
WHERE p.lastname = 'Baggins' AND p.firstname = 'Frodo';

	lastname	firstname	title
1	Baggins	Frodo	Détruire l'Anneau
2	Baggins	Frodo	Bataille du Gouffre de Helm
3	Baggins	Frodo	Traversée du Mordor

EXPLAIN SELECT p.lastname, p.firstname, q.title FROM people p
JOIN people_quests pq ON p.id = pq.people_id
JOIN quests q ON pq.quests_id = q.id
WHERE p.lastname = 'Baggins' AND p.firstname = 'Frodo';

	id	select_type	table	partitions	type	possible_keys	key	key_len	ref	rows	filtered	Extra
1	1	SIMPLE	p	NULL	ALL	PRIMARY	NULL	NULL	NULL	5	20.00	Using where
2	1	SIMPLE	pq	NULL	ref	PRIMARY,quests_id	PRIMARY	4	fondcombe.p.id	2	100.00	Using index
3	1	SIMPLE	q	NULL	eq_ref	PRIMARY	PRIMARY	4	fondcombe.pq.quests_id	1	100.00	NULL