**Controlled Elements in React**

In React, a controlled element is a form element (input, textarea, select) whose value is controlled by React state. This means that the form element’s value is dictated by the state and any changes to the form element will also update the state.

**Why Are They Called Controlled Elements?**

They are called controlled elements because React is in control of their values. This control allows you to handle form input changes through React's state and props, ensuring that the React component always has the most current value of the form input.

const Form = ()=>

{

  const [description, setDescription] = useState("");

  const [quantity, setQuantity] = useState(1);

  const amount = Array.from({ length: 20}, (\_, i)=> i + 1);

  const handleSubmit = (e)=>

  {

    e.preventDefault();

    if(!description)

    {

      return;

    }

    const newItem = { description, quantity, packed: false, id: Date.now() };

    setQuantity(1);

    setDescription("");

  }

  return(

  <form className='add-form' onSubmit={handleSubmit}>

    <h3>What you need for your 😍 trip?</h3>

    <select value={quantity} onChange={(e)=> setQuantity(Number(e.target.value))}>

      { amount.map((num)=> (<option value={num} key={num}>{num}</option>))}

    </select>

    <input type='text' placeholder='Item...' value={description} onChange={(e)=> setDescription(e.target.value)} />

  </form>)

}