In this lesson, we learned to use the following components:

* [**Slider**](https://facebook.github.io/react-native/docs/slider)
* [**ScrollView**](https://facebook.github.io/react-native/docs/scrollview#docsNav)
* [**FlatList**](https://facebook.github.io/react-native/docs/flatlist)

We also made use of destructuring in this lecture: const { getIcon, type, ...rest } = metaInfo[key]. Here, we're getting the property getIcon and type off the object returned from metaInfo[key]. That object also has a [**bunch of other properties**](https://github.com/udacity/reactnd-UdaciFitness-complete/blob/f9b86f4b8fd5c2c2c89cfa32552b67f76a48fcf3/utils/helpers.js) (i.e. max, unit, etc.) What ...rest is doing is copying the rest of those properties into a new object called rest.

Let's take a look at a similar example:

**const** user = {

name: 'Jane Johnson',

age: 35,

occupation: 'Software Engineer',

employer: 'CompanyA'

}

**const** {name, ...rest} = user;

console.log(rest);

*/\**

*Prints*

*{ age: 35,*

*occupation: 'Software Engineer',*

*employer: 'CompanyA' }*

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FlatList is more performant than ScrollView because it only renders the items the items the user can currently see.