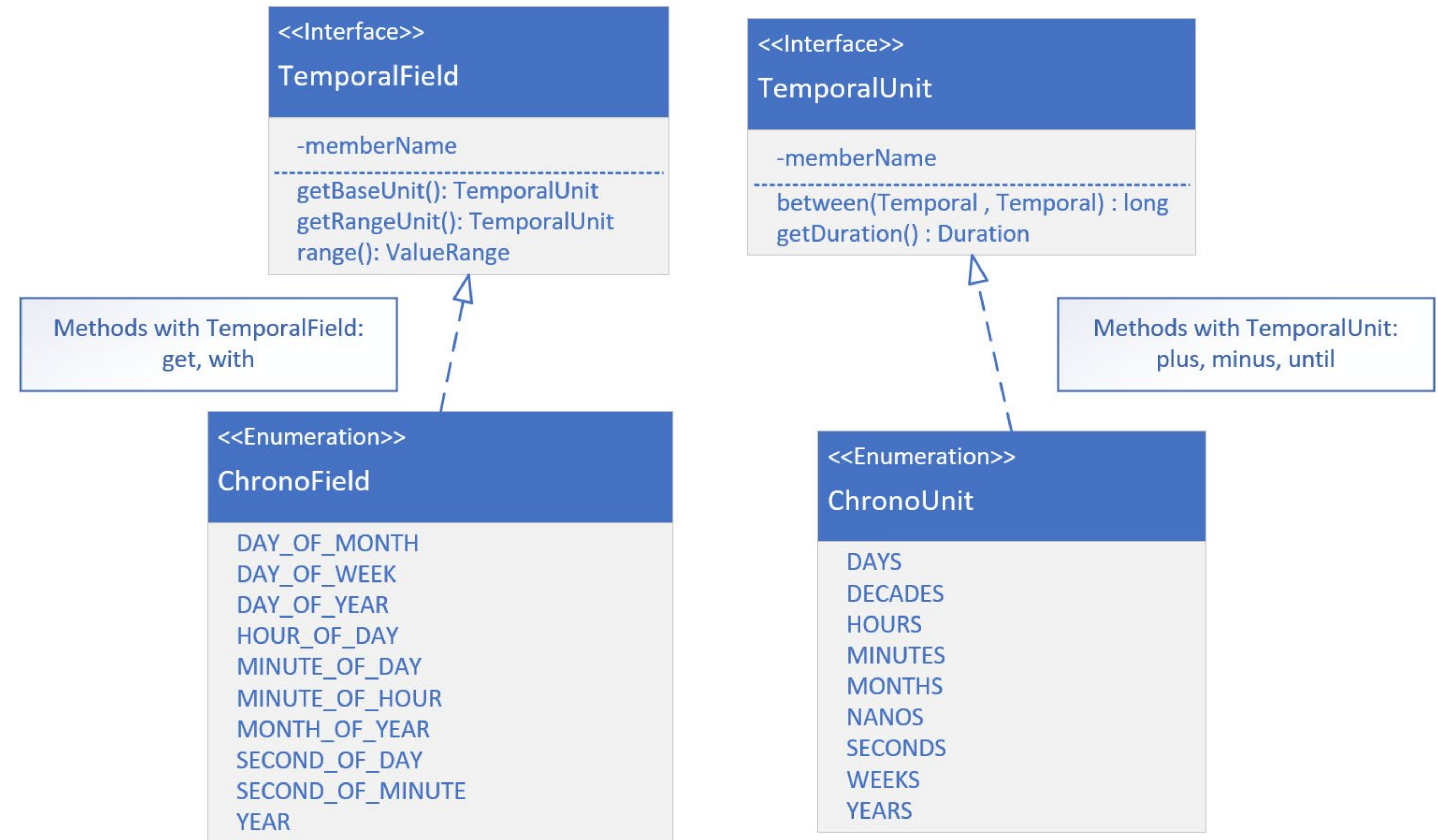


TemporalField vs. Temporal Unit

A temporal field represents a **field of date-time**, such as month-of-year, or minute-of-hour.

A temporal unit is a **measurement of time**, such as years, months, days, hours, minutes and seconds.

On this slide, I show both interfaces, and a couple of the methods that would be implemented.



TemporalField vs. Temporal Unit

I'm also showing you just some of the enum constants on ChronoField and ChronoUnit, ones that are pretty commonly used.

The get and with methods take a TemporalField as a parameter.

The plus, minus, and until methods, take a TemporalUnit.

