Create `UserComponents.js`

src/UserComponents.js

```
import React from "react";

// UserName Component
export function UserName() {
  return <h2>Name: John Doe</h2>;
}

// UserAge Component
export function UserAge() {
  return <p>Age: 25</p>;
}
```

Import Both Components in Another File

src/App.js

```
import React from "react";
import { UserName, UserAge } from "./UserComponents";  // Named imports

function App() {
  return (
    <div>
      <h1>User Profile</h1>
      <UserName />
      <UserAge />
    </div>
  );
}

export default App;
```

Convert `UserAge` into a Default Export

Updated `src/UserComponents.js`

```
import React from "react";

// Named export
export function UserName() {
  return <h2>Name: John Doe</h2>;
}

// Default export
function UserAge() {
  return <p>Age: 25</p>;
}

export default UserAge;
```

Split `UserName` and `UserAge` into Separate Files

src/UserName.js

```
import React from "react";

export function UserName() {
  return <h2>Name: John Doe</h2>;
}
```

src/UserAge.js

```
import React from "react";

export default function UserAge() {
  return <p>Age: 25</p>;
}
```

Final src/App.js

```
import React from "react";
import { UserName } from "./UserName"; // Named import
import UserAge from "./UserAge"; // Default import

function App() {
  return (
    <div>
      <h1>User Profile</h1>
      <UserName />
      <UserAge />
    </div>
  );
}

export default App;
```