

These differences are based on Java 7:

Overloading	Overriding
Method overloading is within <i>class</i> .	Method overriding occurs in two classes, parent and child.
In method overloading, parameters <i>must be different</i> , or data type must be different or at least sequence of parameters must be different	In method overriding, parameters <i>must be same</i> .
Method overloading can't be performed by only changing return type of the method. Return type can be same or different in method overloading.	Return type must be same in method overriding.

In an interview, try not to give answer in a tabular format. It might give a feeling to interviewer that you have mugged up the definitions and differences. Instead try to explain what they are, something like this.

When overloading, you must change either the type or the number of parameters for a method. Method overloading is done to allow us to use the same methods names for multiple methods. The purpose behind this is that, you might have different functionality implementation for the same feature based on the difference in parameters and in that scenario you definitely want the same method names to be able to relate all of them with the feature.

Overriding means that a method inherited from a parent class will be changed. But, when overriding a method everything remains exactly the same except the method implementation. What the method does is changed to fit in with the needs of the child class. But, the method name, the number and types of parameters, and the return type will all remain the same.