**Statements and Expressions**

The conditional expression highlights an essential distinction between statements and expressions in Python.

**Statements**: A statement is an instruction that can be executed. Every line of code we have written so far is a statement e.g. assigning a variable, calling a function, conditional statements using if, else, and elif, loops using for and while etc.

**Expressions**: An expression is some code that evaluates to a value. Examples include values of different data types, arithmetic expressions, conditions, variables, function calls, conditional expressions, etc.

Most expressions can be executed as statements, but not all statements are expressions. For example, the regular if statement is not an expression since it does not evaluate to a value. It merely performs some branching in the code. Similarly, loops and function definitions are not expressions.

As a rule of thumb, an expression is anything that can appear on the right side of the assignment operator =. You can use this as a test for checking whether something is an expression or not. You'll get a syntax error if you try to assign something that is not an expression.

**If statement vs if expression**

