Make sure you have Python installed on your computer if not install it <https://www.python.org/downloads/>   
  
 Open Microsoft VS code make sure Python extensions are added.  
  
Create a new project folder create a Python document call it **led.py**, add the following code and Save

from gpiozero import LED

from time import sleep

# Initialize an LED connected to GPIO pin 17 using the GPIO Zero library.

led = LED(17)

while True:

# Turn on the LED and print a message to the console.

led.on()

print('LED ON')

# Wait for 0.5 seconds with the LED on.

sleep(0.5)

# Turn off the LED and print a message to the console.

led.off()

print('LED OFF')

# Wait for 0.5 seconds with the LED off.

sleep(0.5)

We will come back to the code later we now need to set up the breadboard and the LED  
  
You will need the following:

Raspberry Pi

GPIO Extension Board with cable to connect to Pi  
Breadboard

2x jumper cables  
1x LED light  
220 Resistor