**What is Content Negotiation?**

REST stands for REpresentational State Transfer.

Key abstraction in REST is a Resource. There is no restriction on what can be a resource. A todo is a resource. A person on facebook is a resource.

A resource can have multiple representations

* XML
* HTML
* JSON

When a resource is requested, we provide the representation of the resource.

When a consumer sends a request, it can specify two HTTP Headers related to Content Negotiation

* Accept and
* Content-Type

Content-Type indicates the content type of the body of the request.

Accept indicates the expected content type of the response.

**Example of Content Negotiation**

Following screenshot shows how you can specify these headers in a request using Postman.

