Element

Plain object.

Describe a component instance.

It's what you want to see on the screen.

Component

```jsx
class PokemonTrainer extends React.Component {
  render() {
    const { name, imageSrc } = this.props;
    return (
      <div className='trainer'>
        <p className='trainer--name'>{ name }</p>
        <img className='trainer--picture' src={ imageSrc }/>
      </div>
    );
  }
}
```