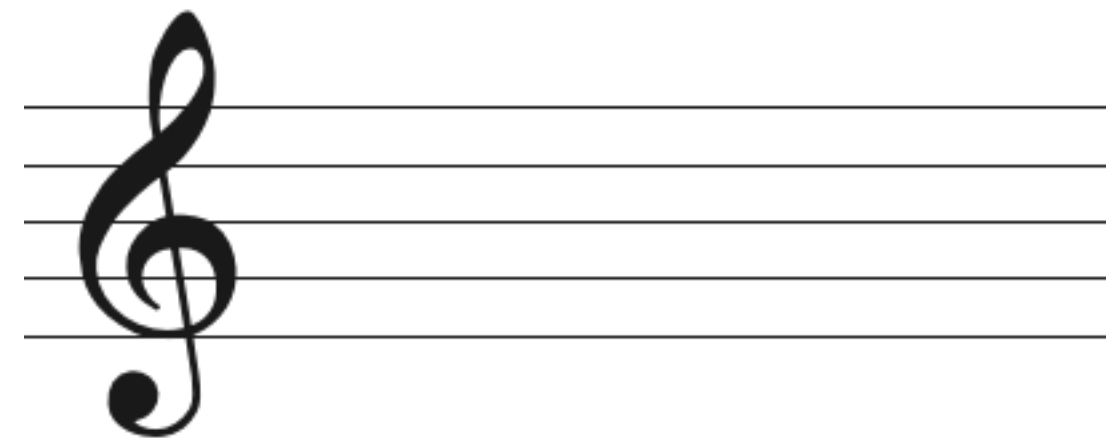For Example, a C Major Scale has 0 sharps and 0 flats, therefore, the key of C has no accidentals.

C D E F G A B C

In a Musical context it would look like this…

Likewise, the F# major Scale has the following notes,

F# G# A# B C# D# E# F#

so the key of F# major, would have 6 sharps.
The only notes that would be "natural" is B.
You simply take the accidentals in the scale and slide them all to the front of the music.

In a Musical context it would look like this…