**[Spring Boot:](https://spring.io/projects/spring-boot)**

Java Spring Boot (Spring Boot) is **a tool that makes developing web application and microservices with Spring Framework faster and easier** through three core capabilities: Autoconfiguration. An opinionated approach to configuration. The ability to create standalone applications

**[What is a REST API?](https://www.redhat.com/en/topics/api/what-is-a-rest-api" \l ":~:text=A%20REST%20API%20(also%20known,by%20computer%20scientist%20Roy%20Fielding.)**

A REST API (also known as RESTful API) is **an application programming interface (API or web API) that conforms to the constraints of REST architectural style and allows for interaction with RESTful web services**. REST stands for representational state transfer and was created by computer scientist Roy Fielding.

## What's an API?

An API is a set of definitions and protocols for building and integrating application software. It’s sometimes referred to as a contract between an information provider and an information user—establishing the content required from the consumer (the call) and the content required by the producer (the response).

## **REST**

REST is a set of architectural constraints, not a protocol or a standard. API developers can implement REST in a variety of ways.

When a client request is made via a RESTful API, it transfers a representation of the state of the resource to the requester or endpoint. This information, or representation, is delivered in one of several formats via HTTP: JSON (Javascript Object Notation), HTML, XLT, Python, PHP, or plain text. JSON is the most generally popular file format to use because, despite its name, it’s language-agnostic, as well as readable by both humans and machines.