

REST, from REpresentational State Transfer, is an architectural style that describes requirements when communicating with another program or computer. When making requests, there are specific HTTP methods that are used. These include GET – to read, POST – to create, PUT – to update, and DELETE – to delete/remove. REST requests also include HTTP headers which are metadata shared between client and server.

<https://www.redhat.com/en/topics/api/what-is-a-rest-api>

<https://www.codecademy.com/article/what-is-rest>

<https://aws.amazon.com/what-is/restful-api/>

An API, which is application programming interface, is basically a set of rules when different applications communicate with each other. It processes data between systems and allows for quicker communication and less knowledge of the other system's internal specifics. Sometimes a program will integrate multiple applications to achieve a goal.

<https://aws.amazon.com/what-is/api/>

<https://www.ibm.com/topics/api>

<https://www.redhat.com/en/topics/api/what-are-application-programming-interfaces>