JSON, which stands for JavaScript Object Notation, is a lightweight data interchange format that is easy for humans to read and write, and easy for machines to parse and generate. Let's break it down step by step.

1. What is JSON?

JSON is commonly used to transmit data in web applications between a server and a client. Its syntax is similar to that of JavaScript, which makes it easy to use in web environments.

2. Basic Structure of JSON

At its core, JSON is composed of two primary structures: objects and arrays. Here's how they work:

- **Objects:** Labeled collections of key/value pairs, which are enclosed in curly braces. For example:

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