

# SQL Commands - INSERT

**INSERT INTO** is used to add a record

```
INSERT INTO table (field1, field2  
etc...)
```

```
VALUES (value1, value2 etc...);
```

The exam board syntax wants you to list the field names and then the values...

# SQL Commands - INSERT

```
INSERT INTO foods (ProductCode,  
ProductName, Price, SupplierID,  
Stock)
```

```
VALUES ("1321T", "Chopped Tomatoes",  
0.75, "S121/A", 17);
```

- Note the use of quotes for strings