A rational number is one which can be written as $\frac{m}{n}$ where $m$ and $n$ are integers with $n \neq 0$. That is, it can be written as a ratio, hence the name.

For example, $-17, \frac{2}{5}$ and $-\frac{1013}{12}$ are rational, but none of $\pi, e$ or $\sqrt{2}$ is.
We use the symbol $\mathbb{Q}$ for the set of rational numbers.

