1. **What is the difference between the continue and break statements in Python?**

Break statement totally exist the loop like while or for and stops further iterations. Continue statement skips the code inside the current iteration by not reading that code.

1. **Can you explain the difference between for loop and while loop?**

For loop is used when the number of iterations is already known while while loop is used for number of iterations which is unknow.

1. **How would you implement a nested for loop system? Provide an example.**

This is a for loop inside other for loop. Inside loop will run completely each time for every iteration of outer loop. For example:

 for num1 in range(1,101):

        if num1<=1:

            continue

        prime=True

        for num2 in range(2,num1):

            if num1%num2==0:

                prime=False

                break

Outer loop will iterate through 1 to 100 while inner loop iterates from 2 to num1(which is in outer loop) -1.