Q:)Why the saved "best_weight.hdf5" is considered to be the best weights?
 A:) as the CNN Model always try to optimize the weights of the edges to minimize the error, this weights gonna be the best ones.

CNN Conclusion :

*)First of all : Convulsion Neural Network(CNN) is better to use in image data or any type of data that (more close cells are meaningful and switching the data position may change the meaning of the data like images)as it's trying to recognize the patterns appears in the data

*)the model loss got the minimum loss point at the third Epoch as this Epoch has the best model accuracy over all, it' about 95% on the test data