

11.4.2 Practice Using for Loops in JavaScript

It took a bit of work to build the code that iterates through an array, so Dana will create a few more to practice the `for` loop syntax.

First, let's create a `for` loop to iterate through an array of vegetables.
Here's our array:

```
let vegetables = ["Carrots", "Peas", "Lettuce", "Tomatoes"];
```

Now we're going to build the `for` loop. The syntax is exactly the same as it was earlier.

```
for (var i = 0; i < vegetables.length; i++) {  
}
```

We're using the keyword `for` to initiate the loop. We also start the loop at the beginning by assigning an iterable as zero with `var i = 0;`.

Next, we tell the loop to continue working through the array as long as the iterable ("i") is less than the number of vegetables in our array: `i < vegetables.length;`.

Finally, we increase our iterable by 1 by adding `i++`; which tells JavaScript to move to the next item in the array until there are no more items.

Let's say we also want each item in the array to be printed to the console.

To do this, we'll add a `console.log` statement inside the curly brackets.

Let's add a message to go with each item, too, so it will read "I love [vegetable]" with each iteration.

The final code looks like this:

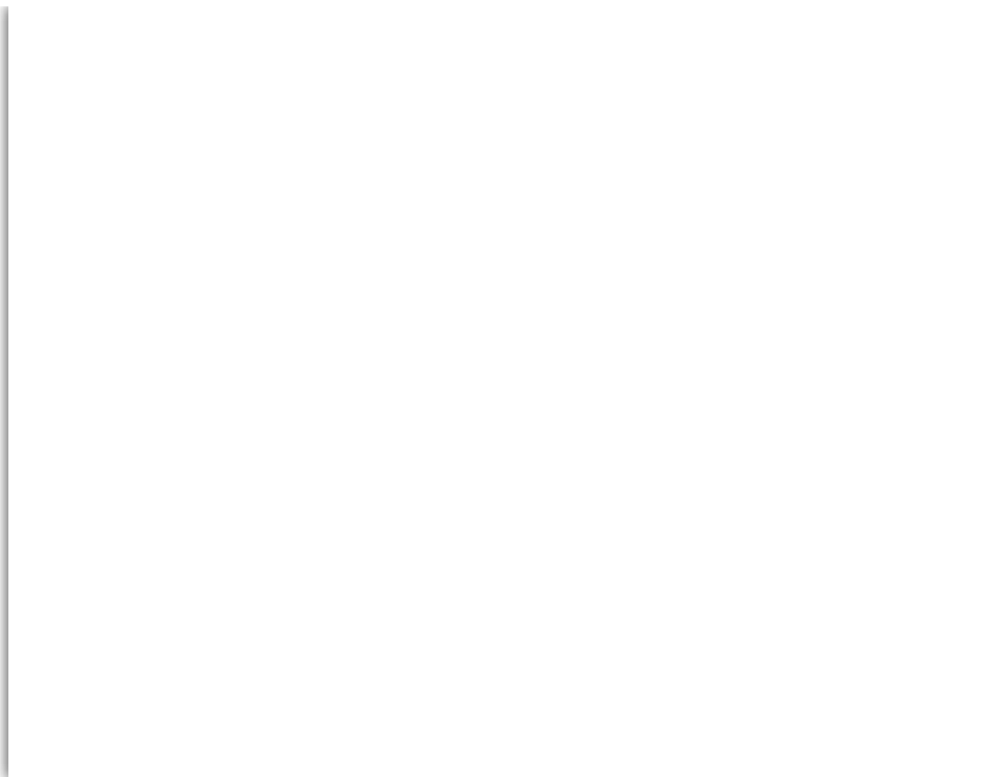
```
var vegetables = ["Carrots", "Peas", "Lettuce", "Tomatoes"];

for (var i = 0; i < vegetables.length; i++) {
  console.log("I love " + vegetables[i]);
}
```

Let's practice with one more. This time we'll loop through numbers without using an array.

```
for (var i = 0; i < 5; i++) {
  console.log("I am " + i);
}
```

The only difference between this loop and the previous one is that we aren't referring to an array. Instead, we are explicitly telling JavaScript to count up to a fifth value.



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