data = [0, 1, -4, 2, -2, 8]

for num in data:  
 if num == 0:  
 print("Value is 0")  
  
 elif num > 0:  
 print("Value is positive")  
  
 elif num < 0:  
 print("Value is negetive")  
  
 else:  
 break

Value is 0  
Value is positive  
Value is negetive  
Value is positive  
Value is negetive  
Value is positive

iteration = 0  
  
while (iteration < 10):  
 if (iteration == 7):  
 break  
  
 print(f"Iteration is: {iteration}")  
 iteration += 1

Iteration is: 0  
Iteration is: 1  
Iteration is: 2  
Iteration is: 3  
Iteration is: 4  
Iteration is: 5  
Iteration is: 6