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In [1]: #Use for Loops to Iterate Over Sequences

# Sample list of fruits
fruits = ['apple', 'banana', 'cherry', 'date']

# Using a for Loop to iterate over the list of fruits
print("List of fruits:")
for fruit in fruits:
    print(fruit)
```

List of fruits:
apple
banana
cherry
date

```
In [2]: #Employ While Loops for Indefinite Iteration

# Using a while loop to count down from 5 to 0
count = 5

print("\nCounting down:")
while count >= 0:
    print(count)
    count -= 1 # Decrement the count
```

Counting down:
5
4
3
2
1
0

```
In [3]: #Implement Nested Loops

# Using nested loops to create a multiplication table
print("\nMultiplication Table:")
for i in range(1, 6): # Loop for the rows
    for j in range(1, 6): # Loop for the columns
        print(f"{i * j:2}", end=' ') # Print the product
    print() # New line after each row
```

Multiplication Table:
1 2 3 4 5
2 4 6 8 10
3 6 9 12 15
4 8 12 16 20
5 10 15 20 25

```
In [4]: #Utilize Break and Continue Statements

# Using break and continue statements in a loop
print("\nUsing break and continue:")
for number in range(10):
    if number == 5:
```

```
    print("Reached the number 5, stopping the loop.")
    break # Exit the loop when number is 5
if number % 2 == 0:
    continue # Skip the even numbers
print(f"Odd number: {number}")
```

Using break and continue:

Odd number: 1

Odd number: 3

Reached the number 5, stopping the loop.

In [5]: *#Combining For Loops and Conditionals*

```
# Sample List of numbers
numbers = [1, 2, 3, 4, 5, 6, 7, 8, 9, 10]

# Using a for loop to find and print only the even numbers
print("\nEven numbers from the list:")
for num in numbers:
    if num % 2 == 0:
        print(num) # Print even numbers
```

Even numbers from the list:

2

4

6

8

10

In []: