**第一种：**使用boolean变量

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| while代码：  **var** res = 0 **var** flag = **true while** (flag){  *println*(**"out put res :"** + res)  res += 1  **if**(res == 5) flag = **false** }  for代码：  **var** res = 0 **var** flag = **true for**(x <- 1 to 10 **if** flag){  *println*(**"out put res :"** + res)  res += 1  **if**(x == 5) flag = **false** } |

**第二种：**使用return

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| while代码：  **var** x = 10 **while**(x >= 0) {  *println*(**"out put x :"** + x)  x -= 1  **if**(x == 5) **return** }  for代码：  **var** res = 0 **for**(x <- 1 to 10 ){  *println*(**"out put res :"** + res)  res += 1  **if**(x == 5) **return** } |

**第三种：**使用Breaks对象的break方法

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| while代码：  **import** scala.util.control.Breaks.\_ **var** x = 10 breakable{  **while**(x >= 0) {  *println*(**"out put x :"** + x)  x -= 1  **if**(x == 5) break()  } }  for代码：  **import** scala.util.control.Breaks.\_ **var** res = 0 breakable{  **for**(i <- 0 until 10){  *println*(**"out put res :"** + res)  res += 1  **if**(i == 5) break()  } } |