**While and For loop break and continue**

**Step 01**

**………..**

for(var i=1; i<=20; i++){

console.log(i)

if(i>5){

break;

}

}

**Step 02**

**……break…..**

var items=['pen','paper','pencil','book','phone','laptop'];

for(var i=0; i<=items.length; i++){

var itm= items[i];

console.log(itm)

if(itm=='book' ){

break;

}

}

var numbers=[45,87,89,56,32,51,25,188,41,25,98];

for(var i=0; i<numbers.length; i++){

var number= numbers[i];

if(number>100){

break;

}

console.log(number);

}

**Step 03**

**……continue…..**

var numbers=[45,87,89,56,32,51,25,188,41,25,98];

for(var i=0; i<numbers.length; i++){

var number= numbers[i];

if(number>60){

continue;

}

console.log(number);

}