**What is continue?**

It’z a pre define function which skips the specific value. Let us take an example Think of it like eating a box of chocolates. If you see one you don’t like (say, the coconut one), you **"continue"** to the next chocolate without eating that one.

**What is break ?**

It is also a function. It is used for if we find the value the it breaks the whole loop and goes outside the loop.

Example :

If we take cookies choco cookies, caramel and peanut butter

We need caramel the loop work when the caramel is found it exits the loop and it doesn’t go for peanut butter.

* **Game:** Stop a quiz when a player gets a wrong answer.
* **Shopping:** Stop searching for shoes once you find your size.