Optimize code:-

trigger accountTrigger on Account (before delete, before insert, before update) {

List<Account> accountWithBoth = [select id, name, (select id, name, closedate, stagename from Opportunities where accountId IN :Trigger.newMap.keySet() and (StageName='Closed - Lost' or StageName = 'Closed - Won')) from Account where Id IN :Trigger.newMap.keySet()];

for(Account acc : accountWithBoth){

for(Opportunity opp: acc.Opportunities){

if(opp.StageName == 'Closed - Won'){

System.debug('Do more logic here...');

}

else if(opp.StageName =='Closed - Lost'){

System.debug('Do more logic here...');

}

}

}

}