1. What are the different loops Java provides us with?

   The different loops Java gives us are while, for and do while loops.

2. What is the syntax of one of the loops in your above answer? How and when should you use this loop? Give an example.

   Each of these has different use cases. A while loop is used to iterate a fixed number of times. For example, if a recipe calls for 3 cups of sugar we would say:

   ```
   //Let i represent the amount of cups of sugar
   for (int i=1; i <= 3; i++){
           System.out.println("Pour cup of sugar into bowl");
   }
   ```

   This will iterate through the loop 3 times and our bowl will have 3 cups of sugar.

   Source - https://www.javatpoint.com/java-for-loop