

1. for in loop:

Used to give keys of object and their values.

Example:

```
let person = {  
  name: "Alice",  
  age: 25,  
  city: "Wonderland"};  
  
for (let key in person) {  
  console.log(key, person[key]);  
}
```

Output:

```
name Alice  
age 25  
city Wonderland
```

2. for of loop:

Used to give values in arrays, strings. It does not give their keys.

Example:

```
let fruits = ["apple", "banana", "cherry"];
```

```
for (let fruit of fruits)
{
    console.log(fruit);
}
```

Output :

```
apple
banana
cherry
```