```python
my_integer = 10
my_float = 20.5
my_string = "Hello, Jupyter!"
my_boolean = True


print("Variable Values and Their Types:")
print(f"Integer: {my_integer}, Type: {type(my_integer)}")
print(f"Float: {my_float}, Type: {type(my_float)}")
print(f"String: '{my_string}', Type: {type(my_string)}")
print(f"Boolean: {my_boolean}, Type: {type(my_boolean)}")
```

```
Variable Values and Their Types:
Integer: 10, Type: <class 'int'>
Float: 20.5, Type: <class 'float'>
String: 'Hello, Jupyter!', Type: <class 'str'>
Boolean: True, Type: <class 'bool'>
```