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### **Explanation of the Tea Selection Code**
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This JavaScript code filters out `"herbal tea"` from an array of tea types and stores the remaining teas in a new array called `preferredTeas`. Here's how it works step by step:

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### **1. Initial Setup**
```javascript
let teaTypes = ["chai", "green tea", "herbal tea", "black tea"];
let preferredTeas = []; // Empty array to store non-herbal teas
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- **`teaTypes`**: Original array containing four tea varieties.
- **`preferredTeas`**: Empty array that will store the filtered results.
2. The `for...of` Loop
```javascript
for (const tea of teaTypes) {
// Code to check each tea
}
- Loops through each item in `teaTypes` one by one.
- In each iteration, `tea` represents the current tea name (e.g., `"chai"`, `"green tea"`, etc.).
```

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### **3. The `if` Condition and `continue`**
```javascript
if (tea === "herbal tea") {
continue; // Skip this iteration
}
- When the loop encounters "herbal tea", the 'continue' statement **skips the rest of the
loop body** for that iteration.
- This ensures `"herbal tea"` is **not added** to `preferredTeas`.
4. Adding Teas to `preferredTeas`
```javascript
preferredTeas.push(tea); // Add non-herbal teas to the new array
- For teas that aren't `"herbal tea"`, they get added to `preferredTeas` using `push()`.
### **5. Step-by-Step Execution**
| Iteration | `tea` Value | Action Taken
                                                 | `preferredTeas` After |
|-----|
| 1 | `"chai"` | Not herbal → Added | `["chai"]` |
     | `"green tea"` | Not herbal → Added | `["chai", "green tea"]` |
| 2
     | `"herbal tea"` | `continue` → Skipped
| 3
                                                  | No change
       | `"black tea"` | Not herbal → Added | `["chai", "green tea", "black
tea"]`|
```

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### **6. Final Output**
```javascript
console.log(preferredTeas); // Output: ["chai", "green tea", "black tea"]
- **Result**: `preferredTeas` contains all teas **except** `"herbal tea"`.
Key Concepts
1. **`for...of` vs. `for...in`**
 - `for...of`: Iterates over **values** in arrays (used here).
 - `for...in`: Iterates over **keys** in objects (not suitable for arrays).
2. **`continue` Statement**
 - Skips the current iteration when a condition is met (like ignoring `"herbal tea"`).
3. **`push()` Method**
 - Adds items to the end of an array.
Why This Code is Useful
- **Filtering arrays** without modifying the original (`teaTypes` stays intact).
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- \*\*Simple conditional logic\*\* (`continue` skips unwanted items).

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Alternative Approach (Using `filter()`)
For a more concise solution:
```javascript
let preferredTeas = teaTypes.filter(tea => tea !== "herbal tea");
console.log(preferredTeas); // Same output!
.``
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### **Real-World Analogy**
Imagine sorting a box of tea packets:
1. You pick up each packet one by one.
2. If it's herbal tea, you **ignore it**.
3. Otherwise, you place it in a new box (`preferredTeas`).
```

Now you have a box with only your preferred teas! 2