

## Solution Code

```
def find_longest_word(words_list):  
    word_len = []  
    for n in words_list:  
        word_len.append((len(n), n))  
    word_len.sort()  
    return word_len[-1][0], word_len[-1][1]  
result = find_longest_word(["PHP", "Exercises", "Backend"])  
print("\nLongest word: ",result[1])  
print("Length of the longest word: ",result[0])
```