

1. **Foreign Key:** A column (or set of columns) in one table that references the primary key (or unique key) of another table. (Think of it as a finger pointing to a specific row in another table).
2. **Child Table:** The table containing the foreign key. It's the "referencing" table.
3. **Parent Table:** The table containing the primary key or unique key that the foreign key references. It's the "referenced" table.

By enforcing these relationships, foreign keys prevent:

- **Orphaned Records:** Entries in the child table referencing non-existent data in the parent table. (Imagine an order referencing a customer that doesn't exist).
- **Inconsistencies:** Updates to the parent table that would invalidate references in the child table. (Like deleting a customer that has placed orders).