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A foundation model is a powerful AI tool that can do many different things after being trained on lots of diverse data. These models are incredibly versatile and provide a solid base for creating various AI applications, like a strong foundation holds up different kind of buildings. By using a foundation model, we have a strong starting point for building specialized AI tasks.

Terms Explained:

Foundation Model: A large AI model trained on a wide variety of data, which can do many tasks without much extra training.

Adapted: Modified or adjusted to suit new conditions or a new purpose, i.e. in the context of foundation models.

Generalize: The ability of a model to apply what it has learned from its training data to new, unseen data.