## Nutrition & Wellness for Life © 2012 Chapter 11: Nutrition Across the Life Span—Glossary

**adolescence.** The period of life between childhood and adulthood.

**congenital disability.** A condition existing from birth that limits a person's ability to use his or her body or mind.

fetal alcohol syndrome (FAS). A set of symptoms that can occur in a newborn whose mother drinks alcohol while pregnant.

fetus. A developing human from nine weeks after conception until birth.

growth spurt. A period of rapid physical growth.

infant. A child in the first year of life.

**lactation.** The production of breast milk by a mother's body following the birth of a baby.

life cycle. A series of stages through which people pass between birth and death.

**low-birthweight baby.** A baby that weighs less than 5 ½ pounds (2,500 g) at birth.

pica. The craving for and ingestion of nonfood materials such as clay, soil, or chalk.

**placenta.** An organ that forms inside the uterus during pregnancy in which blood vessels from the mother and the fetus are entwined, enabling the transfer of materials carried in the blood.

**premature baby.** A baby born before the 37th week of pregnancy.

**puberty.** The time during which a person develops sexual maturity.

toddler. A child between one and three years of age.

**trimester.** A span of about 13 to 14 weeks that represents one-third of the pregnancy period in humans.