Levels of Food Classifications

This figure represents the many ways foods can be classified or grouped. Of all the possible ways of classifying foods, people within a culture shared common ways of grouping foods. Within smaller social groups, certain classifications may be more or less important, or the group may share additional ones. Within these broader contexts, individuals develop their own classifications systems and organize foods according to their personal meanings. People often differ in their personally operational classifications. Lay persons also often differ from classifications used by professionals.