

Classification of Edibility and Inedibility: Unveiling the Sociomental Logics beneath Food Habits

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To classify is a social being, and the classification between edibility and inedibility is crucial for people in their everyday life. This article focuses on the tight relationship between eating and identity and delves into the sociomental logics underlying people's food habits. Rather than focusing on marked food habits, this article considers the unmarked. Through a broad examination of various food habits, this article maintains that it is conventions that lead socialized people to regard objects as edible and/or inedible and stubbornly to stick to this social classification in their everyday food choices. While there are no sacrosanct ways to classify edibility and inedibility, this article claims that, to prevent their insular selves from being "polluted" by consumed foods, socialized people carefully distinguish edible and inedible objects. Moreover, this article articulates how language and temporal and spatial factors play roles in the sociomental logics beneath people's food habits. *[Article copies available for a fee from The Transformative Studies Institute. E-mail address: journal@transformativestudies.org Website: http://www.transformativestudies.org ©2016 by The Transformative Studies Institute. All rights reserved.]*

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In everyday life, individuals seem able to effortlessly distinguish edible objects from inedible objects. However, as in many other aspects of social life, it is the "social scalpel" that helps socialized individuals carve out "mental slices" from the continuum of reality and to experience

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