Frameworks
A framework is an abstraction in which software providing generic functionality can be selectively changed by additional user-written code, thus providing application-specific software.

We write our code to fit into how a framework is designed and works, in order to have a functioning iOS application.
OpenSTEP is an object-oriented API specification for NeXT.

It can be split into two parts:
Foundation is an Objective-C framework under OpenSTEP. It contains low-level object definitions such as NSString, NSNumber, etc.
AppKit is a collection of classes within OpenSTEP, such as NSApplication, NSWindow, NSView, NSResponder, etc.
Frameworks

OpenSTEP

Foundation

Cocoa (and Cocoa Touch)

AppKit

Cocoa is Apple’s native object-oriented API for OS X.

For iOS, tvOS, and watchOS, a similar API exists called Cocoa Touch.
Core Data is a framework provided by Apple that enables data to be organized by the relational entity-attribute model.
Frameworks

OpenSTEP
- Foundation

Cocoa (and Cocoa Touch)
- AppKit
- Core Data