

University of Pretoria Yearbook 2022

Food commodities and preparation 221 (VDS 221)

Qualification Undergraduate

Faculty [Faculty of Natural and Agricultural Sciences](#)

Module credits 18.00

NQF Level 06

Programmes [BConSci \(Food Retail Management\)](#)

[BConSci \(Hospitality Management\)](#)

[BSc \(Culinary Science\)](#)

Service modules Faculty of Health Sciences

Prerequisites VDS 210

Contact time 1 practical per week, 3 lectures per week

Language of tuition Module is presented in English

Department Consumer and Food Sciences

Period of presentation Semester 2

Module content

Module 1: The study of different food systems with regard to food preparation. Physical and chemical properties and the influence of the composition in food preparation.

Module 2: Food preparation basics of the following: meat; poultry; fish, legumes, eggs and milk, baked products (whole spectrum); leavening agents.

Module 3: The influence of culture on cuisines. Study of the cuisines of selected African, European and Eastern countries.

All modules encompass sustainable food preparation practices through the principles of waste management, including the utilising and minimization of food waste and portion control. Sustainability is addressed by the food practices of local ethnic cultures, the ingredients used by these cultures and how to utilise these ingredients and substituting ingredients with local alternatives.

The regulations and rules for the degrees published here are subject to change and may be amended after the publication of this information.

The [General Academic Regulations \(G Regulations\)](#) and [General Student Rules](#) apply to all faculties and registered students of the University, as well as all prospective students who have accepted an offer of a place at the University of Pretoria. On registering for a programme, the student bears the responsibility of ensuring that they familiarise themselves with the General Academic Regulations applicable to their registration, as well as the relevant faculty-specific and programme-specific regulations and information as stipulated in the relevant yearbook. Ignorance concerning these regulations will not

be accepted as an excuse for any transgression, or basis for an exception to any of the aforementioned regulations.