

# University of Pretoria Yearbook 2023

## Food commodities and preparation 210 (VDS 210)

**Qualification** Undergraduate

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

**Module credits** 18.00

**NQF Level** 06

**Programmes** [Bachelor of Consumer Science \(Food Retail Management\) \[BConSci\]](#)

[Bachelor of Consumer Science \(Hospitality Management\) \[BConSci\]](#)

[BSc \(Food Management\) \*Culinary Science\*](#)

**Service modules** Faculty of Health Sciences

**Prerequisites** VDS 121

**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 1

### 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: soups and sauces, fruit and vegetables; salads; frozen desserts; gelatine.

Module 3: Origin and development of food habits; Factors influencing habits and choice; Dynamics of food habits.

Influence of religion on food habits. Food habits of different ethnic groups.

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.

### Regulations and rules

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.

#### **University of Pretoria Programme Qualification Mix (PQM) verification project**

The higher education sector has undergone an extensive alignment to the Higher Education Qualification Sub-Framework (HEQF) across all institutions in South Africa. In order to comply with the HEQSF, all institutions are legally required to participate in a national initiative led by regulatory bodies such as the Department of Higher Education and Training (DHET), the Council on Higher Education (CHE), and the South African Qualifications Authority (SAQA). The University of Pretoria is presently engaged in an ongoing effort to align its qualifications and programmes with the HEQSF criteria. Current and prospective students should take note that changes to UP qualification and programme names, may occur as a result of the HEQSF initiative. Students are advised to contact their faculties if they have any questions.