



University of Pretoria Yearbook 2021

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.

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