

University of Pretoria Yearbook 2022

Food commodities and preparation 210 (VDS 210)

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 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.

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