



# University of Pretoria Yearbook 2020

## Food commodities and preparation 210 (VDS 210)

<b>Qualification</b>	Undergraduate
<b>Faculty</b>	<a href="#">Faculty of Natural and Agricultural Sciences</a>
<b>Module credits</b>	18.00
<b>Programmes</b>	<a href="#">BConSci Food Retail Management</a> <a href="#">BConSci Hospitality Management</a> <a href="#">BSc Culinary Science</a>
<b>Service modules</b>	Faculty of Health Sciences
<b>Prerequisites</b>	VDS 121
<b>Contact time</b>	1 practical per week, 3 lectures per week
<b>Language of tuition</b>	Module is presented in English
<b>Department</b>	Consumer and Food Sciences
<b>Period of presentation</b>	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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