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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