

# University of Pretoria Yearbook 2022

## 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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