

Promoting creativity in Food and Meal Science educations at Kristianstad University

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Food and Meal Science is an interdisciplinary research and education field at Kristianstad University with a vision to create a sustainable and healthy society. Here, gastronomists (BSc in Food and Meal Science) and teachers in home and consumer studies (Secondary Teacher Education Programme) are educated. The field include the areas “Nutrition and Health”, “Food Science” and “Food Culture and Communication” and is based on science, craftsmanship and creativity.

During the years 2015- 2016, developing the creative elements of our educations is a strategic focus. Creativity is important in the field of Food and Meal Science in order to generate new and useful ideas, to create valuable products, processes and solutions. Creativity is a demanding activity that requires time and effort but it can be promoted by various individual and contextual factors (Mathisen & Bronnik, 2009).

In order to promote creativity students are in need of factual knowledge, motivation and self-confidence. Motivation may for example be promoted by providing “real” and complex problems and assignments which may result in a variety of solutions. To evaluate if creativity among students is affected by different teaching and training methods creative self-efficacy levels may be assessed (Mathisen & Bronnik, 2009).

The overall goal of the present scheme is to develop shared knowledge and to improve contextual factors to create a learning environment that promotes creativity in Food and Meal Science.

A method for monitoring creative self-efficacy levels among students over time has been established using a method developed by Tierney and Farmer (2002). This method has been adapted for our purposes and is currently evaluated. The result will be used as a starting point to further improve creativity.