



**CALIFORNIA STATE SCIENCE FAIR
2015 PROJECT SUMMARY**

Name(s) Lydon S. Olivares	Project Number 35305
Project Title Bite Into Beef: Grass-Fed or Grain-Fed?	
<p style="text-align: center;">Abstract</p> <p>Objectives/Goals My objective was to assess subjects' preferences of grass-fed or grain-fed beef.</p> <p>Methods/Materials I Conducted blind taste tests with identically prepared grass-fed and grain-fed beef and documented my results. I repeated the test 3 different times using different subjects. After my third taste test, subjects were asked to complete a survey on cattle husbandry preferences.</p> <p>Results Subjects preferred grass-fed beef to grain-fed beef 2 to 1. In the written survey, i found that subjects did not think they had a preference, but the taste test concluded that 90% did 80% from that sample preferred grass-fed. I found that almost all subjects think the welfare of food animals is important, cows should live on pasture and eat grass and they do not want antibiotics in their meat.</p> <p>Conclusions/Discussion My hypothesis was that subjects would prefer grain fed beef because it is what most people are used to, it is cheaper and has a higher fat content. The higher fat content is reported to make the beef tastier. My hypothesis was not supported, but I did find out people's preferences. I'm interested in the environmental and health impacts of both types of beef. Information is conflicting depending on the industry consulted. Only 3% of beef sales comprise grass-fed, while almost 70% of those tested preferred grass-fed over grain-fed in my taste tests.</p>	
Summary Statement My project tested subjects' preferences on grass-fed and grain-fed beef, then survey their husbandry preferences.	
Help Received Parents drove, paid for beef, helped cook.	