



**CALIFORNIA STATE SCIENCE FAIR  
2015 PROJECT SUMMARY**

<b>Name(s)</b> <b>Lydon S. Olivares</b>	<b>Project Number</b> <b>J1916</b>
<b>Project Title</b> <b>Bite Into Beef: Grass-Fed or Grain-Fed?</b>	
<div><div><b>Objectives/Goals</b> My objective was to assess subjects' preferences of grass-fed or grain-fed beef.</div><div><b>Methods/Materials</b> 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.</div><div><b>Results</b> 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.</div><div><b>Conclusions/Discussion</b> 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.</div></div>	
<b>Summary Statement</b> My project tested subjects' preferences on grass-fed and grain-fed beef, then survey their husbandry preferences.	
<b>Help Received</b> Parents drove, paid for beef, helped cook.	