



**CALIFORNIA STATE SCIENCE FAIR
2014 PROJECT SUMMARY**

Name(s) Austin J. Albaugh	Project Number S0402
Project Title Grass Fed vs. Grain Fed Beef	
Abstract Objectives/Goals The purpose of my project was to see if people prefer grass fed beef over grain fed beef. I live on a ranch and we raise and show both types of beef. Grain fed beef tends to have more fat content than grass fed beef. I personally believe that grass fed beef tastes better, so I wanted to see if other people felt the same way. I hypothesized that the majority of people preferred grass fed to grain fed beef. Methods/Materials In my experiment, I conducted a survey. I took both types of meat and seasoned, cooked, sliced and served two identical cuts of organic meat. The manipulation was that platter A was grass fed, and platter B was grass fed. 63 people at my high school tasted a slice of meat from each platter, then wrote down on a ballot which type of meat they preferred. Results More people liked the grain fed beef more than the grass fed, contrary to my hypothesis. Out of the 63 people only 20 of them preferred the grass fed beef. 43 people (68%) claimed to prefer the grain fed beef. Conclusions/Discussion Because people are used to eating grain fed beef, they automatically preferred the recognizable taste. Most people buy meat in stores, and grain fed is much more common and cheaper. The grain fed beef also has more flavor because it has more fat content. However, grass fed beef is better for your health because it is leaner. Grass fed beef can also help the world because it is more efficient in terms of calorie consumption. People can get more calorie content out of eating the grain itself, rather than eating the cow that ate the grain.	
Summary Statement My project tests to see if grain or grass fed beefs is preferred in a blind taste test.	
Help Received Teacher guided project in class. Mother helped decorate board. Family Friend helped me research. Father cooked the beef and prepared for serving. Resource Teacher helped organize report.	