**Food Science Research Project Reflection**

We wanted to assess if there was a difference in juiciness when substituting higher fat 80/20 lean ground beef for very low fat 96/4 lean ground beef, and whether people could tell between both types, in a simple hamburger recipe. We chose this recipe because burgers are popular, quick and easy to prepare, budget friendly, and available everywhere.

Getting the literature review together, conducting the experiment, and analyzing our results took a lot of effort but it had its fun moments. It was more enjoyable completing it in a team rather than doing it solo and keeping track of our progress weekly was easier to manage. Conducting the experiment, making the graphs, and editing the presentation were probably the best parts of the project. Reviewing the literature on our topic was also important, as it helped us better understand what our research contributed in terms of filling in the gaps that weren’t addressed by prior research.