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*Can You Taste The Difference?*

The purpose of this experiment was to determine if adults preferred certain foods when they contained a regular amount of fat, a lower amount of fat, or if they tasted the same. It was hypothesized that most of the foods would be preferred with a regular amount of fat. This was hypothesized because scientists have said that not only is it possible for humans to taste fat, but that they also enjoy the taste. For the experiment, I had two samples of eight types of food. One of the samples was regular fat and the other was low-fat. I had each of my ten subjects taste one of the food samples. Then I had them take a sip of water to cleanse their palette. Then I would have them taste the other sample. They would tell me which one they thought was better, or if they thought they tasted the same, and I would record it on their data collection sheet. We repeated this process for the seven remaining items and the other nine subjects. The results showed that people liked foods that were low-fat more than foods that had a regular amount of fat. Therefore, my hypothesis was wrong: people like low-fat foods more than regular foods.