Comparison Methods of Food Storage

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The purpose of this project is to identify the calories in freeze-dried and dehydrated foods and then conduct a taste test to discover which one people prefer. I purchased fruits, vegetables, and meats to apply seasonings and then place on trays to be frozen and freeze-dried and also dehydrated. Once the foods were done they were packaged and stored in a cool environment where they were kept fresh until the taste testing day. Permission slips were made for anyone under the age of eighteen and also a questionnaire that they would fill out during the taste test. Then data was collected and kept it anonymous while putting all data on a spreadsheet. Correlation between calories and preference. The calories were counted in all items, freeze-dried and dehydrated and then compared to discover which one was higher in calories. The results were that people prefer freeze dried vegetables and fruits over dehydrated while meats were dehydrated over freeze dried. The conclusions of this project are that meat is supposed to have a certain texture that freeze-dried took away from it and the dehydrated did not. The fruits and vegetables were freeze-dried preferred.

Awards Won: