**Summary of Project: Investigating Food Fraud in Tamale, Ghana**

1. **Goal of the Project:** The primary goal of my project was to investigate the state of food fraud in Tamale, Ghana. This involved understanding the prevalence of fraudulent practices in the local food industry and laying the groundwork for future research in food safety.
2. **Planning for the Project:** Initially, I had no concrete plan for my final year project. However, with guidance from two mentors experienced in forensic science and food biotechnology, I developed a focus on food safety. Together, we brainstormed and decided that a preliminary survey would be an effective approach to gathering data, which could later support more sophisticated laboratory investigations.
3. **Tools Used in Planning and Implementation**: I utilized several tools during the planning and implementation phases:

* Questionnaire Design: I learned to create effective questionnaires tailored to local contexts.
* **Data Collection Methods:** Face-to-face interviews and phone calls were my primary methods for engaging participants.
* **Data Analysis:** I gained proficiency in data entry and analysis software to evaluate the survey results, which were critical for concluding food fraud in the area.

1. **Communication:**

* Before the Project: Communication with my mentor was crucial in the initial planning stages. We discussed the project’s scope and refined our approach.
* During the Project: I maintained regular contact with participants through in-person meetings and follow-up calls, ensuring a consistent flow of information.
* After the Project: I compiled the data and communicated my findings through a report, which I subsequently published and presented at a scientific conference. This helped disseminate knowledge about food safety and fraud in the community.

1. **Measuring Impact:**

* Positive Impact: The project significantly enhanced my research skills and boosted my confidence. It led to the publication of my undergraduate work and honed my interest in food safety.
* Negative Impact: Initially, I faced anxiety due to the lack of direct supervision, but this challenge ultimately contributed to my personal growth as I learned to navigate uncertainties independently.

***This project not only contributed to my academic development but also equipped me with essential skills in project management and productivity, making me see the importance of initiative and adaptability in research.***