

2012 State

1

Which of the following statements is true when using a microwave oven?

B A May result in the same cooked texture as compared to other cooking methods.

2012 - 2016 B May result in a different cooked texture as compared to other cooking methods.

questions
even

C May take twice as long to cook meats as in a conventional oven.

D Microwave cooking does not kill bacteria

2012 State

2

_____ is a harmless bacteria used for fermentation, to provide tangy flavor and to make products more acidic and bacteria resistant.

C A Ascorbic acid

2012 - 2016 B Lecithin

questions
even

C Starter culture

D Sucrose

2012 State

3

_____ is a method of cooking large cuts of meat or poultry in a shallow pan, uncovered and without adding water in an oven or oven-type appliance at a lower temperature.

D A Pan broiling

2012 - 2016 B Braising

questions
even

C Stewing

D Roasting

2012 State

4

A fully cooked ham has been cured, smoked, brought to an internal temperature of about _____ and kept there long enough so that it can be served without further cooking.

B A 100 degrees F

2012 - 2016 B 145 degrees F

questions
even

C 200 degrees F

D 250 degrees F

2012 State

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Which statement is NOT true about the internal temperature of meat:

C

A Internal temperature should be taken in the thickest portion of the cut.

2012 - 2016
questions
even

B Internal temperature must be monitored to ensure killing of harmful bacteria

C Internal temperature is lower for ground products than for whole muscle products.

D Internal temperature effects palatability of meat

2012 State

6

Who are people that are most vulnerable to foodborne illness?

C

A senior citizens, teen agers, middle aged men

2012 - 2016
questions
even

B teenagers, middle aged men and women

C senior citizens, pregnant women, young children

D young children, middle aged women, individuals with compromised immune systems

2012 State

7

Food irradiation:

C

A cooks food with radiation.

2012 - 2016
questions
even

B makes food more nutritious.

C destroys pathogenic and spoilage bacteria in food.

D cannot be performed on fresh meats, processed meats and spices.

2012 State

8

How many hours can food be held in the danger zone before it must be discarded?

C

A More than 1 hour

2012 - 2016
questions
even

B More than 2 hours

C More than 4 hours

D Food never has to be discarded

2012 State

9

Most roasts are cooked at an oven temperature of _____ degrees F.

D A 200

2012 - 2016 B 225

questions C 300

even D 325

2012 State

10

What is the best way for determining when a roast is properly done?

D A Cook until evenly brown and firm

2012 - 2016 B Time it

questions C Cook slowly and test occasionally for blood drippings

even D Use a calibrated meat thermometer

2012 State

11

According to federal government standards, what is the maximum percentage of fat that a hot dog may contain?

C A 20

2012 - 2016 B 25

questions C 30

even D 35

2012 State

12

Less tender cuts of meat should be cooked

D A At a high temperature for a short time

2012 - 2016 B At a high temperature for a long time

questions C At a low temperature for a short time

even D At a low temperature for a long time

2012 State

13

To what internal temperature should pork roasts, steaks or chops be cooked?

- C
- A 100 deg F.
 - B 125 deg F.
 - C 145 deg F.
 - D 165 deg F.

2012 - 2016
questions
even

2012 State

14

_____ is a dry heat cooking method used for tender steaks, chops at least 3/4 to 1 inch thick, in which heat from gas flames or electric coils heats only the top surface of the food.

- A
- A Broiling
 - B Roasting
 - C Braising
 - D Frying

2012 - 2016
questions
even

2012 State

15

How can the quality of meat be judged when shopping in a meat department?

- D
- A When a cut of meat has at least 1/2 inch of fat on the outside, that means high quality.
 - B All Species of meat have their own color for quality The marbling fat is less for high quality.
 - C The clarity of color in surface and fat means nothing.
 - D The clarity of color in surface and fat along with the degree of marbling consistency is best.

2012 - 2016
questions
even odd

2012 State

16

Natural foods are the source of most meat tenderizers. The most widely used is _____.

- A
- A papain
 - B salt
 - C sucrose
 - D garlic

2012 - 2016
questions
even

2012 State

17

Which of the following materials should not be used for wrapping meat for the freezer?

D A aluminum foil

2012 - 2016 B freezer paper coated with plastic

questions C heavy weight plastic wrap

even

D store packaging

2012 State

18

Suitable temperatures for deep-fat frying meat range from _____, depending upon the size of the pieces and whether it is cooked or uncooked meat.

D A 250 to 280 degrees F

2012 - 2016 B 285 to 300 degrees F

questions C 310 to 325 degrees F

even

D 350 to 360 degrees F

2012 State

19

Which common food borne bacteria is normally found in animal intestines? It is destroyed by cooking ground meat to an internal temperature of 160 F.

C A *Campylobacter botulinum*

2012 - 2016 B *Colostridium perfringens*

questions C *Escherichia coli*

even

D *Staphylococcus aureus*

2012 State

20

How should frozen meat be defrosted?

C A On the kitchen sink

2012 - 2016 B In a microwave at full power.

questions C In a refrigerator

even

D At room temperature

2012 State

21

_____ is a low fat method of cooking in which ground meat patties, steaks, and chops less than one inch thick. No fat or water is added to the pan. Uses a heat source below the pan. Meat is placed in a heavy, preheated non-stick skillet and cooked uncovered, the meat is turned only once.

B A Deep frying

2012 - 2016 B Pan broiling
questions C Pan frying
even D Stir frying

2012 State

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Who are most vulnerable to food borne bacteria?

D A Senior citizens

2012 - 2016 B pregnant women
questions C young children
even D all of the above

2012 State

23

Steaks and chops for outdoor grilling should be a minimum of _____ thick.

B A 1/4- inch

2012 - 2016 B 3/4 - inch
questions C 1 1/2 - inch
even D 2 inches

2012 State

24

_____ is a disease which has become a medical rarity in the United States. It is caused by parasite infected meat from wild game or hogs

D A Cancer

2012 - 2016 B Hypertension
questions C Ficin
even D Trichinosis

2012 State
25 Why do we add sodium nitrite to processed meats?

- D
- 2012 - 2016 questions even**
- A Inhibit development of botulinum
 - B development of cured meat color
 - C characteristic flavor & texture
 - D all of the above
-

2012 State
26 Which of the following products would contain the most sodium?

- B
- 2012 - 2016 questions even**
- A Porterhouse steak, cooked
 - B Frankfurter
 - C Chicken, cooked
 - D Pork chop, cooked
-

2012 State
27 Which of the following are reasons we use food additives in processed meat products?

- D
- 2012 - 2016 questions even**
- A Preservation
 - B Color
 - C Improving natural appeal
 - D All of the above
-

2012 State
28 What method of cookery would you recommend for a 7-Bone Pot Roast?

- C
- 2012 - 2016 questions even**
- A Out door grilling
 - B Pan frying
 - C Braising
 - D Broiling
-

2012 State

29

Quality grading of beef is :

C **A** Done by USDA inspectors

2012 - 2016 **B** Strictly required
questions

even or odd **C** Done to predict palatability

D Done only for retail markets

2012 State

30

What is the usual cause of food poisoning?

D **A** Feeding antibiotics to animals

2012 - 2016 **B** Killing sick of diseased animals
questions

even or odd **C** Lack of inspection

D Mishandling of food

2012 State

31

USDA yield grades estimate or predict a beef carcass's

A **A** cutability

2012 - 2016 **B** muscling
questions

even or odd **C** fat content

D quality

2012 State

32

About _____ percent of the beef that is graded in the United States is Prime.

A **A** 2

2012 - 2016 **B** 5
questions

even or odd **C** 8

D 15

2012 State

_____ is defined by USDA as the edible part of the animal that is muscle tissue attached to bone.

C **A** Hot carcass

2012 - 2016 **B** Primal

questions **C** Skeletal meat

even

D Processed meat

2012 State

The _____ is the unsplit primal rib of a lamb carcass, which includes ribs 6 through 12.

C **A** Crown Roast

2012 - 2016 **B** Riblet

questions **C** Rack

even or odd

D Shank

2012 State

_____ is a broad term to identify meat that has been changed by cooking, curing, canning, drying, or a combination of these.

C **A** Dry sausage

2012 - 2016 **B** Skeletal meats

questions **C** Processed meat

even

D Meat by-product

2012 State

If you leave the door closed, meat may be safe in a full freezer for _____ days after power is off.

A **A** 2

2012 - 2016 **B** 5

questions **C** 7

even

D 10

2012 State

37

Which of the following groups of Quality grades represents the grades we expect to obtain from young cattle.

B A Prime, Choice, Standard, Commercial

2012 - 2016 B Prime, Choice, Select, Standard

questions C Commercial, Utility, Cutter, Canner

even odd

D Prime, Choice, Commercial, Select

2012 State

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Which of the following does not increase tenderness in beef

C A Soaking in a papain solution

2012 - 2016 B Electronical stimulation

questions C Overcooking

even

D Dry aging

2012 State

39

_____ separated beef, pork and poultry are fresh meats and poultry that have been removed from the bones by machine rather than by hand.

A A Mechanically

2012 - 2016 B Marinated and sliced

questions C Machete

even

D Mignon

2012 State

40

How is trichinae not destroyed in pork?

D A By freezing for over 20 days at 9 deg. F (USDA guideline)

2012 - 2016 B By cooking to at least 137 deg. F internal temperature (USDA guideline)

questions C By avoiding feeding raw garbage to swine

even

D By buying hogs from Canada as they are trichinae free.

2012 State Which of the following is not a meat cut?

41

- D **A** Boston Butt
B Canadian Bacon
C London Broil
D Bung Fillet

2012 - 2016
questions
even or odd

2012 State Which of the following is one of the safe food handling instructions?

42

- B **A** Keep out of reach of children.
B Wash working surfaces, utensils, and hands after touching raw meat or poultry.
C Rinse and properly discard meat after use.
D Wear proper eye protection while cutting raw meat and poultry

2012 - 2016
questions
even or odd

2012 State Which of the following are the primal cuts in a beef carcass?

43

- A **A** Loin, Rib, Chuck, Round
B Leg, Chuck, Shoulder, Loin
C Jowl, Rack, Brisket, Round
D Round, Brisket, Plate, Spoon

2012 - 2016
questions
even odd

2012 State Which of the following primal cuts are NOT included in a pork carcass?

44

- C **A** Jowl
B Loin
C Rib
D Leg

2012 - 2016
questions
even odd

2012 State

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The name of the resource that you should have studied for this exam was....

C

A White pages

2012 - 2016
questions
even odd

B Dummies Guide to Meat Judging

C Meat Science and Food Safety

D Everything You Ever Wanted To Know About Meat But Were Afraid To Ask

2012 State

46

What effect does meat containing papain have on the person who eats it?

D

A Body odor

2012 - 2016
questions
even

B Nausea

C Toxicity

D No effect

2012 State

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Which of the following is a system that identifies critical points that must be controlled in production to prevent public health hazards from occurring?

B

A ASPCA

2012 - 2016
questions
even

B HACCP

C MSB

D SICP

2012 State

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What is the temperature danger zone?

B

A Under 40 deg. F

2012 - 2016
questions
even

B Between 40 and 140 deg. F.

C Over 140 deg F.

D The temperature range in which most foodborne pathogenic bacteria die.

2012 State

49

A cooking method that is recommended for thinly sliced meats, using a small amount of fat in a very hot skillet, combines meat with a large amount of vegetables.

B **A** Stewing

2012 - 2016 **B** Stir frying

questions **C** Smoking

even

D Microwave cooking

2012 State

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The foodborne infection that causes the following symptoms is:
Nausea, vomiting, abdominal pain caused by inflammation of the lining of the intestine 12 to 48 hours after consumption. May be found in canned meats, seafood, foods prepared by hand and do not require heating before consumption.

C **A** Clostridium perfringens

2012 - 2016 **B** Botulism

questions **C** Staphylococcal aureus

even

D Trichinosis
