

1 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.

**2012 Regional
Answers**

- B
- A** 100 degrees F
 - B** 150 degrees F
 - C** 200 degrees F
 - D** 250 degrees F
-

2 _____ refers to those characteristics associated with the palatability of the lean (tenderness, juiciness, and flavor).

**2012 Regional
Answers**

- D
- A** Curability
 - B** leanness
 - C** Prime
 - D** Quality
-

3 If kept in a cool, dark pantry, unopened canned meat products such as chili, deviled ham or corned beef should be safe to use for _____ years. However, if the cans have been damaged so they are leaking or bulging, discard them.

**2012 Regional
Answers**

- A
- A** 1 or 2
 - B** 5
 - C** 20
 - D** forever
-

4 Cholesterol is a

**2012 Regional
Answers**

- A
- A** Sterol
 - B** hormone
 - C** fat
 - D** enzyme
-

5 Why do we vacuum package most fresh cuts of red meat?

**2012 Regional
Answers**

- D
- A** Increase shelf life
 - B** Reduce shrinkage due to moisture loss
 - C** make the meat look darker
 - D** A and B only
-

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

**2012 Regional
Answers**

- D
- A** Cook until evenly brown and firm
 - B** Time it
 - C** Cook slowly and test occasionally for blood drippings
 - D** Use a calibrated meat thermometer
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7 How long can fresh beef be safely stored in the freezer?(0-or colder)

**2012 Regional
Answers**

- C
- A** Six weeks
 - B** Three - six months
 - C** six-twelve months
 - D** One -Two years
-

8 To what internal temperature should pork be cooked?

**2012 Regional
Answers**

- C
- A** 100
 - B** 130
 - C** 170
 - D** 212
-

9 The amount of meat to be frozen at one time should not exceed _____ lbs. per cubic foot of freezer space.

**2012 Regional
Answers**

- A
- A** 2
 - B** 4
 - C** 6
 - D** 8
-

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

**2012 Regional
Answers**

- D
- A** aluminum foil
 - B** freezer paper coated with plastic
 - C** heavy weight plastic wrap
 - D** wax paper
-

11 How should frozen meat be defrosted?

**2012 Regional
Answers**

- C
- A** on the kitchen sink
 - B** in a microwave a full power
 - C** in the refrigerator
 - D** at room temperature
-

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

**2012 Regional
Answers**

- A
- A** 2
 - B** 5
 - C** 7
 - D** 10
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13 What is mechanically separated meat?

**2012 Regional
Answers**

- B
- A** Meat that is separated from the bone by a water knife.
 - B** Meat that is separated from the bone by a machine.
 - C** Meat that is separated from the bone by an air knife.
 - D** Meat that is placed in a mechanical tumbler
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14 _____ refers to the yield of lean meat in a carcass.

**2012 Regional
Answers**

- A
- A** Cutability
 - B** Gradability
 - C** Wholesomeness
 - D** Quality
-

15 Which of the following is not a meat cut?

**2012 Regional
Answers**

- D
- A** Boston Butt
 - B** Canadian Bacon
 - C** London Broil
 - D** Manheim Bung Fillet
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16 What temperatures tend to toughen meat protein?

**2012 Regional
Answers**

- A
- A** High temperatures
 - B** Low temperatures
 - C** There are no proteins in meat
 - D** There is no relationship between temperature and toughness
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17 The Quality grades of beef that are most common and is usually sold to retail grocery stores are:

**2012 Regional
Answers**

- B
- A** Prime and Choice
 - B** Choice and Select
 - C** Select and Standard
 - D** Commercial and Utility
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18 Where should meat be stored in a refrigerator?

**2012 Regional
Answers**

- A** Top shelf
 - B** Bottom shelf
 - C** In the freezer
 - D** On the counter
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19 How soon should cooked leftovers be consumed after being stored in the refrigerator?

**2012 Regional
Answers**

- A** 1 day
 - B** 4 days
 - C** 7 days
 - D** 10 days
-

20 How should cooked leftovers be handled?

**2012 Regional
Answers**

- A** Divide into small containers
 - B**
 - C**
 - D**
-

21 Freezer burn can be caused by:

**2012 Regional
Answers**

- A Improper wrapping
 - B Cooking food too long
 - C Using moisture proof wrapping
 - D Vacuum packaging meat
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22 Which foodborne pathogen can be found in ground meats?

**2012 Regional
Answers**

- A
- A Salmonella
 - B Giardia
 - C Round worms
 - D bovine bacteria
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23 When food is handled in a food service operation or restaurant, which of the following are safety points to follow.

**2012 Regional
Answers**

- D
- A Store food properly before cooking
 - B Cook foods to the appropriate temperatures
 - C See that workers handling money do not handle food
 - D All of the above
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24 When rotating stock on a shelf:

**2012 Regional
Answers**

- C
- A Older food should be on the back of the shelf
 - B Newer food should be at the front of the shelf
 - C Older food should be at the front of the shelf
 - D Discard food if it is close to the sell by date
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25 Of the following lists, which one includes lunch/picnic foods that can cause food born illness.

**2012 Regional
Answers**

- B
- A Ham sandwich and macaroni salad in an insulated lunch bag with an ice pack.
 - B Cooked chicken sandwich, macaroni salad, custard pie in a back pack.
 - C Cheese, bread, fresh apple, frozen fruit juice
 - D Yogurt, banana, raisins, frozen juice in a lunch bag
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