

2018

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

- A Prime, Choice, Standard, Commercial
 - B Prime, Choice, Select, Standard
 - C Commercial, Utility, Cutter, Canner
 - D Prime, Choice, Commercial, Select
-

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What USDA grades of beef are generally found in local meat markets?

- A USDA No. 1 and 2
 - B Prime and Choice
 - C Choice and Select
 - D Canner and Cutter
-

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Which of the following is/are withheld from animals 12 hours prior to slaughter to aid in evisceration and reduce the likelihood of microbial contamination from visceral punctures?

- A Salt
 - B Feed
 - C Water
 - D Hay
-

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Which of the following statements are TRUE about Ground Beef?

- A Shall NOT contain more than 30% fat
 - B May contain added fat
 - C May NOT contain added fat
 - D A and C are correct
-

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Which of the following material (s) is/are used in livestock to shift the nutrients away from fat production to the promotion of lean muscle growth.

- A Ractopamine hydrochloride
 - B Paylean
 - C Zilmax
 - D All of the above
-

2018 What percent of the human body is made of water?

6

- A 20
 - B 40
 - C 60
 - D 80
-

2018 Protein found in meat contains the following essential amino acids:

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- A Histidine, Iodine, Listerine, Licorice
 - B Proline, serine, tyrosine
 - C Water
 - D Histidine, Isoleucine, Lysine, Methionine
-

2018 Ounce for ounce lean meats contain more fat than:

8

- A Peanut butter
 - B Cheddar cheese
 - C Eggs
 - D Swiss Cheese
-

2018 Which of the following is NOT a natural, gender based hormone found in livestock?

9

- A Estradiol
 - B Progesterone
 - C Trenbolone acetate
 - D Testosterone
-

2018 B vitamins that are found in meat include:

10

- A Thiamine, Riboflavin, Niacin
 - B Thiamin, Copper, B6
 - C Manganese, Iron, Niacin
 - D Retinol, carotenoid, retinoic acid
-

2018 USDA yield grades estimate or predict a beef carcass's

11

- A meat content
 - B muscling
 - C fat content
 - D quality
-

2018 Why do the surfaces of the sub primal cuts of beef in the vacuum packages look so dark?

12

- A This is a very common occurrence when black Angus beef is vacuum packed.
 - B As soon as the sub primal is exposed to the light in a meat case, it doesn't look as dark.
 - C This is due to due to the elimination of oxygen in the package.
 - D This is caused from over-aged beef (in the bag).
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2018 _____ refers to those characteristics associated with the palatability of the lean (tenderness, juiciness, and flavor).

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- A Curability
 - B Leanness
 - C Prime
 - D Quality
-

2018 _____ refers to the yield of lean meat in a carcass.

14

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

2018 Why do we vacuum package most fresh cuts of red meat?

15

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

2018 Cholesterol is a

16

- A Sterol
 - B Hormone
 - C Fat
 - D Enzyme
-

2018 Which food product contains the most cholesterol?

17

- A Beef
 - B Chicken
 - C Pork
 - D Eggs
-

2018 The _____ is the unsplit primal rib of a lamb carcass, which includes ribs 6 through 12.

18

- A Crown Roast
 - B Riblet
 - C Rack
 - D Shank
-

2018 Which of the following must be provided to livestock throughout the life cycle until the point of harvest?

19

- A Protein
 - B Roughage
 - C Water
 - D Fat
-

2018 The purpose of a HACCP is:

20

- A To make sure that animals are fed the correct amount of feed and water.
 - B Requires nutritional labeling on all food products.
 - C Lists the approved methods of stunning.
 - D To identify possible sources of food adulteration during processing.
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2018 All of the following primal cuts can be found in which carcass: shoulder, loin, leg, rib.

21

- A Lamb
 - B Pork
 - C Beef
 - D Alpaca
-

2018 What shipping procedures may result in bruising and poor meat quality?

22

- A Properly using sorting sticks
 - B Shipping horned cattle
 - C Avoiding short term stress
 - D Preventing slips and falls
-

2018 The method of ritual slaughter that includes meat processing and handling according to the Jewish dietary laws in accordance to the Torah is regulated by this act of legislation.

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- A Nutrient Labeling and Education Act
 - B Humane Method of Slaughter Act
 - C Pure Food and Drug Act
 - D Wholesome Meat Act
-

2018 The length of time before slaughter of an animal that use of a hormone or drug must be discontinued is called the _____.

24

- A Standing period
 - B Wholesome Meat Time
 - C Regulatory period
 - D Withdrawal period
-

2018 What effect does meat containing papain have on the person who eats it?

25

- A Body odor
 - B Nausea
 - C Toxicity
 - D No effect
-

2018 When food is handled in a food service operation or restaurant, which of the following are safety points to follow.

26

- 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
-

2018 Which of the following are reasons we use food additives in processed meat products?

27

- A Preservation
 - B Color
 - C Improving natural appeal
 - D All of the above
-

2018 Which of the following products would contain the most sodium?

28

- A T- bone steak; cooked
 - B cooked chicken breast
 - C cooked lamb loin chops
 - D cooked bologna
-

2018 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.

29

- A Stewing
 - B Stir frying
 - C Smoking
 - D Microwave cooking
-

2018 Which food additives are compounds that absorb oxygen and are used to prevent rancidity?

30

- A papain
 - B butylated hydroxianisole
 - C Ascorbic acid
 - D clostridium botulinum
-

2018 What is the best way for determining when a roast is properly done?

31

- 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
-

2018 _____ 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.

32

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

2018 When you need to cool a large container of food:

33

- A Place the entire container in the freezer for faster chilling
 - B Divide the food into smaller containers and stack tightly in the cooler
 - C Leave the pot on the stove until the food is cool
 - D Divide the food into shallow containers and allow air circulation in the cooler
-

2018 Raw meat that has been at room temperature for more than 2 hours should be:

34

- A frozen
 - B discarded
 - C ground into hamburger
 - D cooked immediately
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2018 The spread of harmful, pathogenic bacteria from one surface to another is:

35

- A Transmission
 - B Not possible
 - C Sanitary
 - D Cross-contamination
-

2018 Food Safety is the responsibility of:

36

- A Producers and Consumers
 - B Wholesalers and retailers
 - C Restaurant managers and staff
 - D All of the above
-

2018 A foodborne infection: symptoms evident 12 to 24 hours after consumption, may be found in insufficiently cooked or re-heated meats, poultry and eggs. Symptoms include: nausea, vomiting, diarrhea, fever, chills, and headache.

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- A Listeriosis
 - B Salmonella
 - C E. coli
 - D Escherichia coli
-

2018 Whole muscle product SURFACES should be cooked to:

38

- A 40 deg. F
 - B 140 deg F
 - C 160 deg F
 - D It doesn't matter, the oven will get it hot enough
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2018 What is the temperature danger zone?

39

- A Under 40 deg. F
 - B Between 40 and 140 deg. F.
 - C Over 140 deg F.
 - D The temperature range in which most foodborne pathogenic bacteria die.
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2018 Of the following lists, which one includes lunch/picnic foods that can cause food born illness.

40

- 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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