

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

It would generally take a 5 pound roast _____ time to cook in a convection oven than in a conventional oven.

A **A** less

2012 - 2016 **B** more

questions **C** the same amount of
even

D none of the above

2012 State

The name on the packaging label will identify the primal and retail cut if the retailer is using the uniform meat identity labeling. Which of the following would be listed first on every label?

A **A** product name

2012 - 2016 **B** handling instructions

questions **C** country of origin
even

D name and address of producer

2012 State

Are primal or sub primal cuts of meat ever sold directly to the consumer?

D **A** Primal or sub primal cuts of meat are sold wholesale only.

2012 - 2016 **B** Primal or sub primal cuts of meat can be sold retail, but it must be merchandised in the wholesale section only.

questions **C** Yes, some retail markets offer cuts of meat which are vacuum packaged at the processing plant and shipped.
?

D Yes, only if the USDA inspection stamp is visible.

2012 State

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

D **A** Curability

2012 - 2016 **B** leanness

questions **C** Prime
odd?

D Quality

2012 State

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

B A papain

- 2012 - 2016 B butylated hydroxyanisole
questions C Ascorbic acid
even D clostridium botulinum

2012 State

Long fed cattle refers to gain fed cattle that have been in the feed lot for more than _____ days?

D A 30

- 2012 - 2016 B 60
questions C 90
odd? D 130

2012 State

There are many ways to stretch the meat dollar. One of these ways is to _____.

D A compare the cost per pound instead of the cost per serving.

- 2012 - 2016 B cook meat at a high temperature so there will be less cooking time
questions C purchase just enough meats for one meal, especially if refrigerator or home freezer space is available.
odd? D stretch ground beef and sausage meats by combining with pasta or rice.

2012 State

Food irradiation:

C A cooks food with radiation.

- 2012 - 2016 B makes food more nutritious.
questions C destroys pathogenic and spoilage bacteria in food.
even D cannot be performed on fresh meats, processed meats and spices.

2012 State

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.

A A 1 or 2

2012 - 2016 B 5

questions C 20

?? D forever

2012 State

Cholesterol is a

A A Sterol

2012 - 2016 B hormone

questions C fat

odd D enzyme

2012 State

USDA Inspection is

C A a guide to quality

2012 - 2016 B a guide to private labeled beef

questions C a guide to wholesomeness

even D a guide to generic beef

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
 Which of the following contains the fewest calories?

- C
2012 - 2016 questions ??
- A T-Bone steak
 - B Lamb blade chops
 - C Boneless ham (5% fat)
 - D Pork loin chops
-

2012 State
 Why do we vacuum package most fresh cuts of red meat?

- D
2012 - 2016 questions odd
- A Increase shelf life
 - B Reduce shrinkage due to moisture loss
 - C make the meat look darker
 - D A and B only
-

2012 State
 10 What is the best way for determining when a roast is properly done?

- D
2012 - 2016 questions even
- 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
-

2012 State
 Why are beef and pork often eliminated from special and weight restricted diets?

- C
2012 - 2016 questions ??
- A High in Calories
 - B Diet foods taste better
 - C Use of outdated information
 - D High in cholestrol
-

2012 State

Red meat produced today is more +nutrient dense- than meat produced 20 years ago because..

B A they contribute the same amount of essential nutrients as they do calories

2012 - 2016 B they contribute a greater amount of essential nutrients than they do calories

questions

??

C they are nutritionally superior to all other food products

D they are processed more effectively

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

even

C 30

D 35

2012 State

The aging of the meat

D A Is done to develop additional tenderness

2012 - 2016 B Takes 10 days to 6 weeks at 34 to 38 degrees F (dry aging)

questions

C Is done to develop a characteristic flavor

D All the above

2012 State

Which of the following products would contain the most sodium?

D A T- bone steak; cooked

2012 - 2016 B cooked chicken breast

questions

C cooked lamb loin chops

D cooked bologna

2012 State

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

How long can fresh beef be safely stored in the freezer?(0-or colder)

C A Six weeks

2012 - 2016 B Three - six months

questions C six-twelve months

x

D One -Two years

2012 State

_____ is a waxy alcohol, not a fat, found in all animal tissue. It is used by the body to synthesize vitamin D, to make hormones and to make bile salts to aid in digestion of fat.

C A Bile

2012 - 2016 B Sodium

questions C Cholesterol

D Alcohol

2012 State

The date on a package of fresh or processed meat may mean_____.

D A the date by which the meat should be sold

2012 - 2016 B the date by which the consumer should use the meat for best taste

questions C the date the retailer should remove the product from the store display

?

D all of the above

2012 State

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

How long can fresh beef be safely stored in the freezer (0 F or colder)?

- B
- A 8 weeks
 - B 8 months
 - C 16 months
 - D 2 years

2012 - 2016
questions
x

2012 State

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

- A
- A increase shelf- life
 - B reduces cost of packaging
 - C make the meat look darker
 - D A & B only

2012 - 2016
questions
odd

2012 State

Added moisture in ham cannot exceed _____ percent of the weight of the fresh, uncured ham.

- B
- A 5%
 - B 10%
 - C 0%
 - D 15%

2012 - 2016
questions

2012 State

_____ 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

2012 - 2016 **B** Roasting

questions **C** Braising

even

D Frying

2012 State

A _____ is a young chicken about seven weeks old that weighs about 3-4 1/2 lbs. when purchased whole at the store.

A **A** Broiler/ Fryer

2012 - 2016 **B** Capon

questions **C** Pullet

D Baker

2012 State

_____ is a pork leg that has not been cured or smoked.

A **A** Fresh ham

2012 - 2016 **B** Leg of Pork

questions **C** Country Style Ham

D Picnic

2012 State

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

A **A** 2

2012 - 2016 **B** 4

questions **C** 6

D 8

2012 State

Traditionally, the London Broil was prepared by selecting the top quality _____, broiling or grilling it to rare or medium doneness and slicing it thinly on the diagonal across the grain.

B A Brisket

2012 - 2016 B Flank Steak

questions C Rib Roast

D Bottom Round Steak

2012 State

Most ground beef and hamburger is ground and packaged on premises at food stores, but it also can not contain more than _____% fat.

C A 20

2012 - 2016 B 25

questions C 30

? D 35

2012 State

If a package is labeled -ground turkey meat≈ it _____ .

B A Contains all the meat on the turkey carcass plus the skin covering it.

2012 - 2016 B Contains both dark and light meat, but no skin.

questions C Contains only light meat

D Contains all the meat on the turkey carcass with the extra skin and fat added

2012 State

All cattle start out eating grass; _____ of them are -finished≈ in feedlots, where they are fed specially formulated feed based on corn or other grains.

D A 10%

2012 - 2016 B 20%

questions C 50%

D 75%

2012 State

The name on the packaging label will identify the primal and retail cut if the reatailer is using the uniform meat identify labeling. Which of the following would be listed first on every label.

A **A** The kind of meat (beef,lamb)

2012 - 2016 **B** The primal cut (Round,loin)

questions

C The retail cut (Pork Chop, Round Steak)

D The wholesale cut (Rib, Chuck)

2012 State

How do you calculate cost per serving?

B **A** Divide the total cost by the number of people eating.

2012 - 2016 **B** Divide the cost per pound of the meat you are buying by the number of servings you expect to get per pound.

questions

C Divide the total cost of meat by the number of servings served.

D Cut the portions before cooking and then divide that number into the cost.

2012 State

How do you calculate cost - per - serving?

C **A** Divide the number of pounds by number of servings

2012 - 2016 **B** Multiply total cost by total pounds

questions

?

C Divide cost per pound by the expected number of servings per pound

D Multiply cost per pound by cost per serving

2012 State

Most of the cholesterol in our bodies is?

D **A** From eating meat

2012 - 2016 **B** From eating eggs

questions

?

C From toxins in the environment

D Manufactured in our bodies

2012 State

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.

2012 - 2016 B All Species of meat have their own color for quality The marbling fat is less for high quality.

questions C The clarity of color in surface and fat means nothing.

even odd

D The clarity of color in surface and fat along with the degree of marbling consistency is best.

2012 State

The three most widely used methods of aging meat are _____, _____ and _____.

B A air drying, dry aging, fast aging

2012 - 2016 B dry aging, fast aging, vacuum packaging

questions C fast aging, vacuum packaging, refrigeration

D fast aging, vacuum packaging, tenderizing

2012 State

Is USDA inspection a guide to quality?

A A No, the USDA Inspection is only a guide to wholesomeness.

2012 - 2016 B Yes, the USDA Inspection stamp is only applied at slaughter plants.

questions C Yes, the quantity of animals slaughtered is mandated by USDA for each plant.

D Yes, USDA has full authority over all meats.

2012 State

Is the digestibility of animal foods greater than vegetable foods?

A No, because animal-s foods have been force fed with chemicals

2012 - 2016 B Yes only 5% is not digestible in meat and up to 35% in the other food

questions C No, because vegetable foods are more organic.

?

D Yes, because all animals are vegetarians by diet.

2012 State

After slaughter, inspectors examine every carcass and _____. If there is any indication of disease or other abnormalities that would result in an unwholesome product, the carcass or _____ is condemned.

B A bacteria, carcass

2012 - 2016 B organ, organ
questions C side, quarter
odd? D forequarter, liver

2012 State

What doesn't the date on a package of fresh meat mean?

A A The date the animal was slaughtered.

2012 - 2016 B The date the meat was packaged.
questions C The date the meat has to be pulled and /or refrozen.
? D The date the meat has to be re-merchandised by meat personnel.

2012 State

 16

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

A A papain

2012 - 2016 B salt
questions C sucrose
even D garlic

2012 State

Which food product contains the most cholesterol?

D A Beef

2012 - 2016 B Chicken
questions C Pork
odd D Eggs

2012 State

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

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

The _____ is a paper-like covering on lamb.

B **A** baste

2012 - 2016 **B** fell

questions **C** skirt

even or odd

D sheath

2012 State

What is the least desirable method of aging meat?

A **A** Placing a tray-package of meat from the store and storing it in the refrigerator for 5-7 days.

2012 - 2016 **B** Placing a vacuum packaged cut of meat in the refrigerator for 5-7 days.

questions **C** Hanging a carcass of meat in controlled temperature for 10-14 days.

odd check

D Placing a vacuum packaged sub primal in controlled temperature for 10-14 days.

2012 State

Because ham is cooked in a can at the processing plant, shrinkage is approximately 7-15% . A pork roast is in an open pan in the kitchen range will shrink about _____%

C A 5-10

2012 - 2016 B 10-15
questions

C 20-25

D 30-35

2012 State

How should frozen meat be defrosted?

C A on the kitchen sink

2012 - 2016 B in a microwave a full power
questions

C in the refrigerator

D at room temperature

2012 State

How should frozen meat be defrosted?

C A On the kitchen sink

2012 - 2016 B In a microwave at full power.
questions

even C In a refrigerator

D At room temperature

2012 State

A(n) _____ is a minute amount of antibiotic, drug, hormone, insecticide, pesticide, or environmental contaminant remaining in the meat and poultry after slaughter.

C A Amino acid

2012 - 2016 B Antioxidant
questions

odd C Residue

D Spoilage

2012 State

_____ 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

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

The USDA meat grades for veal are:

B **A** Grade A, Grade B, and Grade C

2012 - 2016 **B** Prime, Choice, Good, Standard, and Utility

questions **C** Prime, Choice, Utility, and Cull

odd??

D U.S No. 1, U.S No. 2, U.S No. 3, U.S No. 4

2012 State

_____ is unique, as it occurs only in foods of animal origin, such as red meat, poultry, fish, and eggs.

C **A** Molybdenum

2012 - 2016 **B** Protein

questions **C** Vitamin B12

odd?

D Zinc

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

_____ is the building block for body structure; it keeps the body in repair, strengthens the body's defense system against infection and disease, helps regulate water balance in the body and maintains blood neutrality.

C A Thiamin

2012 - 2016 B Niacin

questions C Protein

?

D Zinc

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

U R M I S Is a voluntary program for the retail meat industry to establish one specific name for each basic retail cut. What does U R M I S stand for?

B A Uniform retail meat identifying standards

2012 - 2016 B Uniform retail meat industry standards

questions C United retail meat industry scoring

?

D United red meat industry standards.

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

How much meat should be included in the adult daily diet?

- C
- 2012 - 2016 questions ?**
- A no more than 10 ounces of meat or meat substitute is recommended to be eaten each day
 - B a minimum of 6 ounces of red meat or 8 ounces of white meat should be eaten daily
 - C two 2-3 ounce serving from the meat or meat substitute group should be eaten each day
 - D since body weight and size vary so much it would be misleading to recommend a minimum or maximum daily
-

2012 State

How long may canned meats be kept after opening?

- D
- 2012 - 2016 questions ?**
- A should be used immediately after opening, may be kept for 1-2 days after opening, if refrigerated
 - B since they contain preservatives which extend their shelf life, they may be kept for up to two weeks,
 - C once removed from the can, they may be stored in a freezer for no longer that three weeks
 - D they should be removed form the can and wrapped, then refrigerated for no more than 5-7 days
-

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 A Preservation

2012 - 2016 B Color

questions
even

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 A Out door grilling

2012 - 2016 B Pan frying

questions
even

C Braising

D Broiling

2012 State

Which type of meat cut would have the highest cost per serving?

B A Ground Product

2012 - 2016 B Bony Product

questions
?

C Bone-in Product

D Boneless Product

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

How much of the fat in red meats is saturated?

C A Most

2012 - 2016 B Over 50%

questions C Under 50%

?

D All

2012 State

_____ is important in protein synthesis and wound healing and is a part of many chemical processes including an association with the hormone, insulin.

D A Iron

2012 - 2016 B Vitamin B

questions C Niacin

?

D Zinc

2012 State

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

C A USDA No. 1 and 2

2012 - 2016 B Prime and Choice

questions C Choice and Select

odd?

D Canner and Cutter

2012 State

What is the usual cause of food poisoning?

D A Feeding antibiotics to animals

2012 - 2016 B Killing sick of diseased animals

questions C Lack of inspection

even or odd

D Mishandling of food

2012 State

Most meat sold in retail markets is aged during the normal process of moving fresh meat from the packer to retailer to consumer to kitchen range -about_____ .

B A 2-4 days

2012 - 2016 B 6- 10 days

questions C 12-14 days

?

D 28-35 days

2012 State

 31

USDA yield grades estimate or predict a beef carcass's

A A cutability

2012 - 2016 B muscling

questions C fat content

even or odd

D quality

2012 State

How much fat does a hot dog contain?

D A USDA mandates that no more than 50% fat can be in a hot dog, the same as all sausage.

2012 - 2016 B If the hot dog is all beef, 35% fat is maximum

questions C If the hot dog contains both beef and pork, the maximum fat level is 40%.

even

D Even turkey hot dogs must be at least 30% fat or less.

2012 State

Which of the following foods has the highest digestibility?

A A Meat Products

2012 - 2016 B Fruits

questions C Grain Products

?

D Vegetables

2012 State

What does USDA mandate regarding fat content of ground beef?

D A USDA mandates 50% fat to lean on pork sausage.

2012 - 2016 B USDA mandates 95% lean to fat in ground sirloin.

questions

?

C USDA mandates 30% fat to lean in hamburger that uses beef hearts.

D USDA mandates 70% lean to fat on ground beef.

2012 State

What cuts of meat are recommended for roasting?

D A Thin pieces of tender meat: those made tender by pounding, scoring, cubing, or grinding.

2012 - 2016 B Ground paties, tender steaks, and chops

questions

even

C Processed meats such as bacon and ham.

D Large, tender cuts of meat weighing three pounds or more.

2012 State

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 a new term recently used to describe foods, including beef, that do not carry a brand or grade as a guide to quality.

B A Select

2012 - 2016 B Generic

questions

?

C Quality

D Choice

2012 State

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

D A Standing period

2012 - 2016 B Wholesome Meat Time

questions C Regulatory period

odd

D Withdrawal period

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

What is a fresh ham?

A A hind leg of pork.

2012 - 2016 B A front leg of pork.

questions C A ham fresh from the smokehouse.

even or odd

D A ham that returns to green weight.

2012 State

35

_____ 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
 - B Skeletal meats
 - C Processed meat
 - D Meat by-product

2012 - 2016
questions
even

2012 State

What do we mean when we say red meats are nutrient dense?

- C
- A They weigh more per pound
 - B They contribute the same amount of essential nutrients as they do calories.
 - C They contribute a greater amount of essential nutrients than they do calories.
 - D They are nutritionally superior to all other food products.

2012 - 2016
questions
?

2012 State

Fat (calorie) intake can be lowered without reducing or eliminating meat from the diet by _____.

- C
- A season with butter, margarine, or cream sauces instead of herbs and spices.
 - B use extra sugar, fats, oils, sauces or gravies in cooking
 - C bake, broil, or roast meats on a rack so meats will remain above drippings.
 - D all of the above

2012 - 2016
questions
odd ?

2012 State

36

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

- A
- A 2
 - B 5
 - C 7
 - D 10

2012 - 2016
questions
even

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

38

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

Per Capita consumption of cooked red meats in the United States is about _____ ounces per day, after bone fat and cooking shrink have been accounted for.

B A 2

2012 - 2016 B 4

questions C 6

odd ?

D 8

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

In the meat industry, proper slaughter practices are critical for _____ reasons.

D A ethical

2012 - 2016 B product quality

questions
odd?

C legal

D all of the above

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
even

C By avoiding feeding raw garbage to swine

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

2012 State

The most correct method of defrosting meat is:

D A hang it in the smokehouse.

2012 - 2016 B warm it in hot water until it reaches the water temperature.

questions
odd or even

C heat the meat on a stove.

D place the meat in an appropriate container in a refrigerator until thawed.

2012 State

Is there a difference in nutritive value among the various grades of beef?

D A Yes, with each step in quality, the nutritional value jumps by 25%.

2012 - 2016 B Yes, with each step in quality, the nutritional value decreases by 15%.

questions
?

C No, with each step in quality, the nutritional value is not present.

D No, with each step in quality, the nutritional value is relatively unchanged.

2012 State

What is mechanically separated meat?

B A Meat that is separated from the bone by a water knife.

2012 - 2016 B Meat that is separated from the bone by a machine.

questions C Meat that is separated from the bone by an air knife.

even

D Meat that is placed in a mechanical tumbler

2012 State

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

D A Blue Ribbon Beef is the most popular grade west of the Rockies.

2012 - 2016 B Most meat departments don't sell graded beef.

questions C The choicest beef cuts are selected by the store meat buyers.

even

D The grades most markets use are Choice and/or Select.

2012 State

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

C A This is a very common occurrence when black Angus beef is vacuum packed.

2012 - 2016 B As soon as the sub primal is exposed to the light in a meat case, it doesn't look as dark.

questions C This is due to due to the elimination of oxygen in the package.

odd

D This is caused from over-aged beef (in the bag).

2012 State

Is all animal fat completely saturated?

A A No, less than 50% of the fat in red meat is saturated

2012 - 2016 B No, only 25% is saturated, the other 75% is unsaturated.

questions C Yes, that is why some scientists are saying that red meat in bad to eat.

odd?

D Yes, unsaturated fat does not exist in red meat.

2012 State _____ refers to the yield of lean meat in a carcass.

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

2012 - 2016
questions
even odd

2012 State A spring lamb....

- C
- A Is a young animal that is born in the spring of the year.
 - B Will show spools at the break joint.
 - C Will be under one year old at slaughter.
 - D Must be slaughtered before July.

2012 - 2016
questions

2012 State Which of the following is true for meat tenderizers?

- A Because a tenderizer improves tenderness, meat with a tenderizer added to it can
- B Meat with a tenderizer added to it will spoil faster because it breaks down
- C The most commonly used meat tenderizer is actually from a plant.
- D Tenderizers are commonly used because they add tenderness and don't need to be identified on the

2012 - 2016
questions

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

- 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 **not** true?

D A The pigment responsible for the red color in meat is myoglobin.

2012 - 2016 B In the presence of oxygen, fresh beef has a bright, cherry red color

questions

C In the absence of oxygen, fresh beef has a darker color (purplish color)

D The plastic wrap used in most retail stores does not allow oxygen to pass through it.

2012 State

Which of the following is correct for maximum fat content for the following meat products?

D A Hotdog = 50%; Ground beef = 30%; Fresh sausage = 30%

2012 - 2016 B Hotdog = 50%; Ground beef = 50%; Fresh sausage = 30%

questions

C Hotdog = 50%; Ground beef = 50%; Fresh sausage = 50%

D Hotdog = 30%; Ground beef = 30%; Fresh Sausage = 50%

2012 State

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

B A Keep out of reach of children.

2012 - 2016 B Wash working surfaces, utensils, and hands after touching raw meat or poultry.

questions

C Rinse and properly discard meat after use.

even or odd

D Wear proper eye protection while cutting raw meat and poultry

2012 State

What does the word "scrapple" refer to?

B A A scraper used to remove hair from pork carcasses

2012 - 2016 B Ground pork cooked with cornmeal

questions

?

C A board game where you spell words used in the meats industry

D The extra meat and bone found on a saw blade after it has been used to cut fresh meat

2012 State

Which of the following products would not require refrigeration if they were sold through a mail order business?

A **A** hard salami and dry cured ham

2012 - 2016 **B** fully cooked ham

questions **C** smoked turkey

?

D all meat products would require refrigeration to be shipped through the mail

2012 State

What does the term "spring lamb" refer to?

D **A** A wild sheep that jumps alot

2012 - 2016 **B** A sheep born during the spring

questions **C** Lamb imported from Australia or New Zealand

odd ?

D Meat from a lamb under one year of age

2012 State

What causes the fat on beef carcasses from grass fed beef to be yellow?

A **A** Vitamin A

2012 - 2016 **B** Vitamin B

questions **C** Vitamin C

odd

D Vitamin Y

2012 State

Meat is an excellent source of protein. Which of the following is considered the building blocks of protein?

b **A** Legos

2012 - 2016 **B** Amino Acids

questions **C** Elements

odd

D Barley and Hops

2012 State

43

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

- 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

44

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

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

2012 - 2016
questions
even odd

2012 State

Which of the following is a criteria for a carcass to receive an inspection stamp?

- B
- A Rib Eye Area
 - B Wholesome
 - C Backfat
 - D All of the above

2012 - 2016
questions

2012 State

45

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

- C
- A White pages
 - 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 - 2016
questions
even odd

2012 State

What is a Boston Butt?

B A Either half of a pork leg/ham.

2012 - 2016 B Part of the pork shoulder.

questions
odd

C The rump half of a pork leg/ham.

D The shank half of a pork leg/ham.

2012 State

What is a minute amount of antibiotic, drug, hormone, insecticide, pesticide, or environmental contaminant remaining in meat and poultry after slaughter?

D A Deposit

2012 - 2016 B Filtrate

questions
odd

C Remainder

D Residue

2012 State

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

D A Body odor

2012 - 2016 B Nausea

questions
even

C Toxicity

D No effect

2012 State

Which of the following food group tends to be more digestible?

A A Meats

2012 - 2016 B Grain Products

questions
odd?

C Legumes

D Vegetables and fruits

2012 State

47

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 B HACCP
questions
even C MSB

D SICP

2012 State

What is a common name for sodium chloride?

C A Hot Pepper

2012 - 2016 B Sugar
questions
even C Table Salt

D Vitamin C

2012 State

What temperatures tend to toughen meat protein?

A A High temperatures

2012 - 2016 B Low temperatures
questions
even C There are no proteins in meat

D There is no relationship between temperature and toughness

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
even C *Escherichia coli*

D *Staphylococcus aureus*

2012 State

Which legislation dictates strict animal handling, stunning, and slaughter guidelines?

B A Kasher Kill Legislation from the 1930's

- 2012 - 2016 B Humane Slaughter Act of 1978
questions C EPA Guidelines of 1942
odd D Animal Kill Act of 1983
-

2012 State

The Quality grades of beef that are most common and is usually sold to retail grocery stores are:

B A Prime and Choice

- 2012 - 2016 B Choice and Select
questions C Select and Standard
odd D Commercial and Utility
-

2012 State

A numerical grade (1 is best and 5 is worst) that indicates the amount of boneless, closely trimmed retail cuts in a carcass is:

B A Quality Grade

- 2012 - 2016 B Yield Grade
questions C Inspection
odd D Lean to bone ratio
-

2012 State

Pork Rib chops come from the wholesale cut.....

C A Rib

- 2012 - 2016 B Leg
questions C Loin
even odd D Rack
-

2012 State

The term that indicates the amount of usable meat in relation to the amount of fat and bone on a carcass is:

C

A Quality Grade

2012 - 2016
questions
even

B Dressing Percentage

C Cutability

D Cooler Shrinkage

2012 State

The flecks of fat within a muscle are called..

D

A External Fat

2012 - 2016
questions
even

B Fell

C Glaze

D Marbling

2012 State

From which wholesale cut of beef does the wedge bone come from?

B

A Round

2012 - 2016
questions
?

B Loin

C Side

D Plate

2012 State

Where should fresh meat be stored in a refrigerator?

B

A Top shelf

2012 - 2016
questions
even

B Bottom shelf

C In the freezer

D On the counter

2012 State

How soon should cooked leftovers be consumed after being stored in the refrigerator?

B A 1 day

2012 - 2016 B 4 days

questions C 7 days

even

D 10 days

2012 State

How should large containers of leftover food be handled?

A A Divide into small containers and place in a refrigerator.

2012 - 2016 B Put the large containers of food directly into the refrigerator.

questions C Place large containers in a freezer.

even

D Return to the pot that it was cooked in and leave on the stove until cool.

2012 State

Freezer burn can be caused by:

A A Improper wrapping

2012 - 2016 B Cooking food too long

questions C Using moisture proof wrapping

even

D Vacuum packaging meat

2012 State

Which foodborne pathogen can be found in ground meats?

A A Salmonella

2012 - 2016 B Giardia

questions C Round worms

even

D Bovine bacteria

2012 State

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

D A Store food properly before cooking

2012 - 2016 B Cook foods to the appropriate temperatures

questions C See that workers handling money do not handle food

even

D All of the above

2012 State

When rotating stock on a shelf:

C A Older food should be on the back of the shelf

2012 - 2016 B Newer food should be at the front of the shelf

questions C Older food should be at the front of the shelf

?

D Discard food if it is close to the sell by date

2012 State

Of the following lists, which one includes lunch/picnic foods that can cause food born illness.

B A Ham sandwich and macaroni salad in an insulated lunch bag with an ice pack.

2012 - 2016 B Cooked chicken sandwich, macaroni salad, custard pie in a back pack.

questions C Cheese, bread, fresh apple, frozen fruit juice

?

D Yogurt, banana, raisins, frozen juice in a lunch bag

2012 State

Bacteria grow on meat:

C A At the same rate in the refrigerator as on the counter

2012 - 2016 B Faster at 145 deg. F

questions C Slower in the refrigerator.

even

D Bacteria do not grow on meat

2012 State

Safe handling instructions found on fresh cuts of meat are regulated by:

A **A** Food Safety Inspection Service

2012 - 2016 **B** FCS teachers

questions **C** The FBI

even

D The store meat manager

2012 State

Potassium Sorbate is used to:

B **A** aid in maintaining emulsion in mixes

2012 - 2016 **B** retard mold growth

questions **C** aid in binding lean and fat for improved product texture

even

D a and c only

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

A cooking method for less tender cuts of meat high in connective tissue content. Adds a small amount of liquid to the cooking container and cover. Meat is cooked until "fork tender"

D **A** Stewing

2012 - 2016 **B** Broil

questions **C** Pan Fry

even

D Braising

2012 State

48

What is the temperature danger zone?

B A Under 40 deg. F

2012 - 2016 B Between 40 and 140 deg. F.

questions C Over 140 deg F.

even

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

2012 State

6

Who are people that are most vulnerable to foodborne illness?

C A senior citizens, teen agers, middle aged men

2012 - 2016 B teenagers, middle aged men and women

questions C senior citizens, pregnant women, young children

even

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

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 B More than 2 hours

questions C More than 4 hours

even

D Food never has to be discarded

2012 State

50

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

2012 State

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.

B A Listeriosis

2012 - 2016 B Salmonella

questions C E. coli

even

D Escherichia coli

2012 State

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

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

even

D Internal temperature effects palatability of meat

2012 State

Generally, what is the result of freezing and defrosting meats?

A A deterioration in quality

2012 - 2016 B An improvement in quality

questions C Ice crystals improve meat texture

even

D Juices are retained in the meat

2012 State

What is an oxygen interceptor used to retard rancidity of food due to oxidation?

C A Aerobic

2012 - 2016 B Anaerobic

questions C Antioxidant

even

D Oxy-Acetylene
