

Meats

1. "Long fed cattle" refers to grain fed cattle that have been on the feedlot for ____ days.
 - a. **More than 130**
 - b. Less than 120
 - c. Approximately 150
 - d. About 75
2. What is the maximum percentage of fat contained in a hot dog as established by the Federal government?
 - a. **30%**
 - b. 20%
 - c. 15%
 - d. 10%
3. What is the recommended temperature for medium internal doneness for pork roast?
 - a. 212 degrees F
 - b. **160 degrees F**
 - c. 110 degrees F
 - d. 60 degrees F
4. Most cattle start out eating grass. Then, three-fourths of them are "finished" in _____ where they are fed specially formulated feed based on corn or other grains.
 - a. **feedlots**
 - b. poultry barns
 - c. farrowing houses
 - d. stock shows
5. What is the spread of harmful bacteria from one surface to another?
 - a. Cross Harboring
 - b. Switch Contamination
 - c. **Cross Contamination**
 - d. Switch Harboring
6. A lamb crown roast is made by using two _____ roasts, sewn together to form a circle.
 - a. **rib**
 - b. leg
 - c. rump
 - d. shoulder
7. Which of the following is NOT true for the use of antibiotics in animals raised for agricultural purposes?
 - a. Antibiotics are used to treat diseases.
 - b. **Antibiotics for animals must be permitted by the local veterinarian.**
 - c. The FDA is responsible for approving animal drugs.
 - d. The use of antibiotics helps ensure a plentiful supply of meat.
8. What is a physical means of food treatment which exposes food to gamma rays, machine generated electrons, or X-rays?
 - a. **irradiation**
 - b. heat pasteurization
 - c. freezing
 - d. canning

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9. What are PCBs?
 - a. **Polychlorinated** biphenyls
 - b. Phenylchloro biphenyls
 - c. Phenylchloro butyls
 - d. Polychlorinated bipolars
10. What term describes a meat product that does not contain any artificial flavor, coloring ingredient, chemical preservative, or any other artificial or synthetic ingredient?
 - a. **Natural**
 - b. Innate
 - c. Free Range
 - d. Normal
11. The following are safe methods of defrosting meat EXCEPT:
 - a. In cold water
 - b. In the microwave oven
 - c. **On the countertop at room temperature**
 - d. In the refrigerator
12. What is a substance in soybeans, corn, or eggs that keeps fat and water distributed in meat?
 - a. **Lecithin**
 - b. Mono/Di/Glyceride
 - c. Papain
 - d. Potassium Sorbate
13. What is the pigment responsible for the red color in meat?
 - a. Carboferrin
 - b. Hemoglobin
 - c. **Oxymyoglobin**
 - d. Oxygenated ferric acid
14. What is a minute amount of antibiotic, drug, hormone, insecticide, pesticide, or environmental contaminant remaining in meat and poultry after slaughter?
 - a. **Residue**
 - b. Remainder
 - c. Filtrate
 - d. Deposit
15. Generally, which of the following should NOT be frozen?
 - a. Boneless meat
 - b. **Canned meats**
 - c. Meat with bones
 - d. Veal
16. Which food borne bacterium causes campylobacteriosis?
 - a. **Campylobacter jejuni**
 - b. Clostridium botulinum
 - c. Clostridium perfringens
 - d. Escherichia coli
17. What is the drying out of the surface tissues of food during freezer storage?
 - a. Defrosting

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- b. Freezer drying
 - c. Freezer burn**
 - d. Freezer thaw
18. For meat purchased from the store, what item should be removed from the product before microwaving?
- a. All interior fat
 - b. All exterior fat
 - c. The plastic wrapping**
 - d. Excess blood or water
19. What is an oxygen interceptor used to retard rancidity of food due to oxidation?
- a. Antioxidant**
 - b. Aerobic
 - c. Anaerobic
 - d. Oxy-Acetylene
20. The fat present in calves (baby beef) may have a yellow cast due to the _____ from the grass they have eaten.
- a. Sodium
 - b. Carotene**
 - c. Vitamin C
 - d. Vitamin D
21. What is BST?
- a. Bovine somatotropin**
 - b. Bovine somatoencephalopathy
 - c. Best Single Treatment
 - d. Bovine spongiform treatment
22. Which of the following is a factor that determines meat quality?
- a. Lean to bone ratio
 - b. Marbling**
 - c. Carcass weight
 - d. Amount of lean
23. Which of the following is a government agency responsible for monitoring pesticides used on crops grown for livestock feed?
- a. The Agricultural Marketing Service (AMS)
 - b. The Organization for Safety and Health in Agriculture (OSHA)
 - c. The Environmental Protection Agency (EPA)**
 - d. The United States Department of Agronomy (USDA)
24. All fresh and processed meat and poultry are required by the USDA to meet rigid standards for wholesomeness and _____.
- a. sanitation**
 - b. reliability
 - c. high quality
 - d. bonelessness
25. Which of the following is NOT one of the three widely used methods of aging?
- a. Wet aging**

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- b. Dry aging
 - c. Fast aging
 - d. Vacuum packaging
26. USDA Inspection is a guide to:
- a. **wholesomeness**
 - b. quantity
 - c. quality
 - d. cutability
27. What term describes a building block for body structure?
- a. lipid
 - b. **protein**
 - c. carbohydrate
 - d. amino base
28. Which common food borne bacteria is normally found in animal intestines? It is destroyed by cooking to 160 degrees F.
- a. Staphylococcus aureus
 - b. **Escherichia coli**
 - c. Campylobacter botulinum
 - d. Clostridium perfringens
29. Which is a B-vitamin found in meat?
- a. **Riboflavin**
 - b. Calcium
 - c. Sodium
 - d. Zinc
30. Which beef cut would usually have relatively more fat than the others listed?
- a. **Chuck roast**
 - b. Eye of round roast
 - c. Rump roast
 - d. Top round roast
31. Less than ___ of the fat in beef, veal, and pork is saturated.
- a. **50%**
 - b. 60%
 - c. 70%
 - d. 80%
32. How much meat counts as one serving on the Food Guide Pyramid?
- a. 1 ounce
 - b. **2 to 3 ounces**
 - c. 5 to 6 ounces
 - d. 10 ounces
33. Meat cuts from the middle section along the _____ are generally more tender than from the shoulders, legs, breasts, and flanks.
- a. Brisket
 - b. **Back Bone**
 - c. Flank

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- d. Plate
- 34. How is a "half ham" different from a butt or shank portion?
 - a. **A half ham has had no center slices removed.**
 - b. A half ham is boneless.
 - c. "Half ham" only applies to the rump portion.
 - d. "Half ham" only applies to the shank portion.
- 35. Which of the following is an example of a subprimal cut of beef?
 - a. **Top Round**
 - b. Breast
 - c. Plate
 - d. Loin
- 36. What is the paper-like covering on a lamb? It is usually removed from chops but not from leg roasts.
 - a. The "feathering"
 - b. The "mohair"
 - c. **The "fell"**
 - d. The "tissue"
- 37. What is MSB?
 - a. **Fresh beef that has been removed from the bones by a machine.**
 - b. An enzyme found in the fat covering of steaks.
 - c. Bacon that has been removed from the bones by a machine.
 - d. Micro-Sodium Butinate
- 38. Which of the following is important for protein synthesis?
 - a. **Zinc**
 - b. Thiamin
 - c. Marbling
 - d. Antiolierine
- 39. What is a Boston Butt?
 - a. Either half of a pork leg/ham
 - b. **Part of the pork shoulder**
 - c. The rump half of a pork leg/ham
 - d. The shank half of a pork leg/ham
- 40. Which disease is caused by eating meat from wild game or hogs that have been infected with a parasite?
 - a. **Trichinosis**
 - b. E-coli
 - c. BSE
 - d. Creutzfeldt-Jakob
- 41. Which pesticides are allowed on crops grown for livestock feed?
 - a. **Government approved pesticides**
 - b. Pesticides applied by licensed applicators
 - c. Pesticides sold at farm and ranch supply stores
 - d. No pesticides are allowed on crops grown for livestock feed
- 42. Which of the following is true of beef that has been tenderized?

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- a. **It will keep in the refrigerator for the same length of time as other fresh beef**
 - b. It will not keep in the refrigerator for the same length of time as other fresh beef
 - c. It will only keep as long as other fresh beef if it is chemically treated
 - d. it will spoil faster than other fresh beef
43. What does the term "net weight" mean?
- a. **The weight of the food without the packaging materials**
 - b. The weight of the food with the addition of the netting
 - c. The total weight of the food including the packaging materials
 - d. The total weight of the food with the addition of boxing materials
44. What is meat from a calf younger than one year of age?
- a. Lamb
 - b. Ratite
 - c. **Veal**
 - d. E maturity
45. Why do chuck steaks curl when broiled?
- a. Exploding of the sarcomere tissue
 - b. Expansion of the connective tissue
 - c. **Shrinkage of the connective tissue**
 - d. Contraction of the marbling
46. What is the abbreviation for monosodium glutamate?
- a. MONOG
 - b. **MSG**
 - c. MNaClG
 - d. MG
47. What is "fresh ham?"
- a. **A pork leg that has not been cured**
 - b. A beef round that has not been cured
 - c. A lamb leg that has been processed within the previous week
 - d. A pork leg that has been slaughtered within the previous week
48. What is botulism?
- a. an often fatal illness
 - b. causes dry mouth and double vision
 - c. causes vomiting, nausea, and diarrhea
 - d. **all of these**
49. What is a rule for cooking meat on charcoal grills?
- a. turn meat often to ensure even cooking
 - b. **place meat on grill so that pieces don't touch**
 - c. clean grill thoroughly after grilling
 - d. all of these
50. Can a whole ham or ham piece be heated in the microwave oven?
- a. **Yes. Cover in wax paper.**
 - b. Yes. Cover in paper towels to absorb excess moisture.

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- c. Yes. Wrap in tinfoil tip to prevent drying out.
 - d. No. A ham is not suitable for cooking in a microwave.
51. What food borne illness causes hemorrhagic colitis?
- a. *Listeria monocytogenes*
 - b. *Escherichia coli***
 - c. *Clostridium perfringens*
 - d. *Campylobacter jejuni*
52. At what temperature is Salmonella enteritis killed?
- a. 140 F**
 - b. 160 F
 - c. 170 F
 - d. none of these
53. How can the meat dollar be stretched?
- a. Use the liquid in which pot roasts are cooked to prepare gravy**
 - b. Compare the cost per pound rather than the cost per serving
 - c. Cook meat at higher temperatures for less time
 - d. Shop for USDA Prime beef when possible
54. What is the grade or quality of generic beef?
- a. must conform to USDA wholesomeness standards
 - b. has no quality grade
 - c. quality may vary from market to market
 - d. all of these**
55. Is uniform meat identity required by law?
- a. Yes, directed by USDA Standard Identification Branch
 - b. Yes, yet only in southern states
 - c. In 1973, the retail meat industry agreed to establish one specific name for each cut**
 - d. This voluntary program is called Uniform Retail Meat Identification Standards
57. What does ground turkey contain?
- a. all the meat plus the skin covering it**
 - b. it is the leg meat with its skin
 - c. both light and dark meat but no skin
 - d. only thigh meat and no skin
59. If a pork ham is labeled "cook before eating," what temperature is recommended?
- a. 180 F
 - b. 160 F**
 - c. 145 F
 - d. 135 F
60. What is the best way to serve cooked meat and poultry for a buffet?
- a. add fresh food to a serving dish that has already been out
 - b. keep warm food in a 225-250 degree oven for replenishing
 - c. maintain the internal temperature of cooked foods at 140 C or above

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d. none of these

61 How do you safely handle whole meats such as a holiday turkey dinner purchased from stores, restaurants, or caterers?

- a. If you pick them up hot, take them home and eat the dinner within two hours.
- b. If eating later, set the oven at 140F and eat as soon as possible.
- c. If it is a refrigerated meal to eat, carve meat and reheat it and its accompaniments to 165F or until hot and steaming.

d. all of these

62 Is an unopened canned ham labeled "Keep Under Refrigeration" which has been left out of the refrigerator safe to eat?

- a. should be safe if not left out for more than 4 hours**
- b. when in doubt, throw it out
- c. depends on how hungry you are
- d. should be safe to eat if not left out for more than two hours

63 Can money be saved by the consumer when buying meat by the carcass, side, or quarter?

- a. Depends on yield, wrapping, and cost of freezing**
- b. Depends on the temperature at serving
- c. No, these are not cost effective
- d. No, because steaks cost the same as fat and bone

64 What are the USDA grades for young pork?

- a. US NO. 1, US NO 2, and US NO. 3**
- b. USDA grade A, B, and C
- c. US NO. 1, US NO.2, US NO. 3, US NO. 4, medium, and cull
- d. Prime, Choice, Select, and Standard

66 What happens to beef that is lower than USDA select?

- a. made into pet food
- b. put in ground beef and other processed meats**
- c. stamped USDA rejected and sent to rendering
- d. all of these

67 Which cuts are best for braising?

- a. Beef round steak**
- b. Pork hocks
- c. Lamb crown roast
- d. Pork arm picnic

68 Fabricated steaks:

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- a. cannot contain added fat
 - b. can contain added water
 - c. cannot contain more than 30% fat**
 - d. can contain binders or extenders
- 69 Smoked picnic shoulders that return to their original weight are labeled:
- a. smoked picnic shoulders, water added
 - b. smoked picnic shoulders and water product
 - c. SPAM
 - d. smoked picnic shoulders**
- 70 Which disease causes stomach pain, diarrhea, nausea, chills, fever, and headache? Symptoms can last 3 to 5 days after ingesting raw eggs, Mexican food, or undercooked poultry. It is one of the top two sources of food borne illness.
- a. Yersinia enterocolitica
 - b. Staphylococcus aureus
 - c. Salmonella enteritidis**
 - d. Listeria monocytogenes
- 71 Which is considered an unsafe method of handling meat?
- a. Thaw at room temperature**
 - b. Cook thoroughly
 - c. Keep raw meat separate from other foods
 - d. Keep refrigerated or frozen
- 72 Which is the least desirable material for wrapping meat for the freezer?
- a. Wax Paper**
 - b. Moisture-proof wrap
 - c. Aluminum foil
 - d. Heavy weight plastic wrap
- 73 If the harvest date for your steer is March 30, what is the latest date you could administer medication to your steer if the withdrawal period is twenty eight days?
- a. February 20
 - b. February 28
 - c. March 1
 - d. March 4
- 74 _____ is a dry heat cooking method used for tender steaks, chops, and poultry parts in which heat from gas or electric coils heat the top of the food.
- a. Braising
 - b. Broiling**
 - c. Pan broiling

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d. Frying

75 Meat slaughter plants have incorporated what system/process in their production to prevent public health standards?

- a. USDA
- b. Humane Slaughter Act
- c. EST
- d. **HACCP**

76 The safety of any food is based on two factors: natural toxicity and the ____ ____.

- a. **amount consumed**
- b. cooking time
- c. quality grade
- d. cooking temperature

77 The word "____" refers to the seasonings used on meat and designates natural spices, essential oils, oleoresins, and other natural spice extracts. It may also be used to designate powdered vegetable products including garlic, parsley, and onion.

- a. glutamic
- b. ascorbic acid
- c. **flavoring**
- d. antioxidants

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

- a. Protein
- b. **Vitamin B12**
- c. Molybdenum
- d. Zinc

79 Most of the cholesterol in our bodies is:

- a. from eating meat
- b. from eating eggs
- c. **manufactured in our bodies**
- d. from toxins in the environment

80 Which is not one of the four statements for labeling as "Safe Handling Instructions?"

- a. **Keep all meats hot at a minimum temperature of 130 degrees F**
- b. Cook thoroughly
- c. Keep refrigerated or frozen
- d. Keep raw meat separate from other foods

81 Sodium nitrite is used in making some processed meats because it _____.

- a. Inhibits the development of botulinum toxin.

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- b. Is a curing agent that contributes to the characteristic flavor and texture of bacon, ham, and sausage products.
 - c. Fixes the meat color.
 - d. **All answers listed**
- 82 Which statement is not true about food irradiation?
- a. **Irradiation makes food moderately radioactive.**
 - b. Irradiation food keeps longer and in better condition in warehouses and homes.
 - c. Irradiation destroys harmful bacteria that cause food to spoil or cause human disease.
 - d. The irradiation process involves exposing food to one of three types of ionizing energy: gamma rays, machine generated electrons, or X-rays.
- 83 What has the Federal Government set as the maximum fat content for a hotdog?
- a. **30%**
 - b. 25%
 - c. 10%
 - d. 5%
- 84 For the average healthy adult, how much meat should be included in the daily diet?
- a. Two 6-8 ounce servings per day
 - b. Five 4-6 ounce servings per day
 - c. **Two 2-3 ounce servings per day**
 - d. None
- 85 For safety, best flavor, texture and juiciness, cook pork to an internal temperature of _____.
- a. 212 degrees F
 - b. **160 degrees F**
 - c. 130 degrees F
 - d. 110 degrees F
- 86 What is the meaning of cutability of a carcass?
- a. **Cutability refers to yield of lean meat in a carcass.**
 - b. Cutability refers to the tenderness of the retail cuts from a carcass and is measured by shear force values.
 - c. Cutability is an estimate of the overall palatability (flavor, tenderness and juiciness) of retail cuts from a carcass.
 - d. All of the listed
- 87 Which of the following statements about tenderization is false?
- a. Tenderization does not affect the keeping quality of meat.
 - b. **The use of tenderizers can improve the quality grade of meat.**
 - c. Natural food enzymes like papaya and pineapple are the source of most meat tenderizers.
 - d. Electrical stimulation improves the tenderness of certain meats.

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- 88 What factors determine the quality grade of beef carcass?
- Maturity of the carcass
 - Marbling
 - Color, firmness and texture of the lean
 - All of the listed**
- 89 The USDA meat grades for young pork are
- US No. 1, US No.2, and US No.3**
 - Prime, Choice and Select
 - Grade A, Grade B and Grade C
 - Prime, Choice, and Standard
- 90 What is an antioxidant?
- Additive used in processed meats as curing accelerator.
 - Naturally occurring hormones added to animal feed to increase feed efficiency
 - Substance used to retard rancidity of food due to exposure to oxygen.**
 - Additive used in processed meats as curing accelerator.
- 91 What USDA grades of beef are generally found in the grocery store?
- Prime and Standard
 - Choice and Select**
 - Cutter and Canner
 - Select and Standard
- 92 What does the term water added on a ham label mean?
- Water added means that the cured ham returns to within 10% above the original weight of the ham during the curing process.**
 - Water added means that 20% or more of the ham's weight is due to water added during the curing process.
 - Water added means that the cured ham returns to its original weight during the curing process.
 - None of the answers listed
- 93 Which of the following statements about cholesterol is not true?
- Cholesterol is a saturated animal fat that clogs arteries.**
 - Cholesterol is a sterol found in all animal tissue.
 - Cholesterol is used by the body to make hormones
 - Cholesterol is used by the body to make bile salts to aid in the digestion of fats.
- 94 What are the primary factors for determining the value and general acceptability of a beef carcass?
- Tenderness and Juiciness
 - Dressing Percent and Yield
 - Cutability and Quality**

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- d. Dressing Percent and Quality
- 95 What temperatures are needed for proper freezing and storage of meat?
- a. 0 Degrees C or lower.
 - b. 0 Degrees F or lower.
 - c. 32 Degrees F.
 - d. **5 - 20 Degrees F**
- 96 What is the meaning of the term nutrient dense food?
- a. The greater the nutrient contribution of a food relative to calorie content, the more nutrient-dense it is.
 - b. Nutrient density refers to the total number of calories a 3 ounce serving of a red meat contains. The greater the number of calories, the more nutrient-dense the meat is.
 - c. **Nutrient density compares the amounts of essential nutrients to the amounts of calories a food contains.**
 - d. Nutrient density refers to the toughness or tenderness of pork. None of the listed
- 97 The recommended refrigerator (36 - 40 degrees F) storage time for a maximum quality for beef porterhouse steaks is:
- a. 2 weeks
 - b. 5-10 days
 - c. **3-4 days**
 - d. 1 day
- 98 Concerning the use of drug and hormones, what is a withdrawal period?
- a. The total amount of time (number of days) that the animal can take the hormone or antibiotic.
 - b. How often the drug or antibiotic can be administered to the animal.
 - c. **The length of time before slaughter that the use of a hormone or drug must be discontinued.**
 - d. Both the total amount of time that the animal can take the hormone and the length of time before slaughter.
- 100 Which of the following statements about fat in the diet is not true?
- a. **The most healthy diet for the average American is one that contains no fat.**
 - b. Moderate amounts of fat are essential in the diet so that vitamins A, D, E, and K can be absorbed.
 - c. Fats add flavor, juiciness and Water added means that the cured ham returns to appetite appeal to food.
 - d. The Dietary Guidelines for Americans recommends that we consume no more than 30% of calories from fat.
- 101 Use a Pearson Square to formulate a batch of ground beef using boneless bull meat (15% fat - \$1.15/lb) and 70% lean beef trimmings (30% fat - \$0.89/lb). The batch size is 500 pounds and the final

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product should be 20% fat (80% lean). Round your answers to 2 decimal places. Determine the pounds of boneless bull meat.

- a. 165 pounds
- b. 244 pounds
- c. 335 pounds**
- d. 400 pounds

102 Use a Pearson Square to formulate a batch of ground beef using boneless bull meat (15% fat - \$1.15/lb) and 70% lean beef trimmings (30% fat - \$0.89/lb). The batch size is 500 pounds and the final product should be 20% fat (80% lean). Round your answers to 2 decimal places. Determine the pounds of 70% lean beef trimmings

- a. 66 pounds
- b. 165 pounds**
- c. 244 pounds
- d. 335 pounds

103 Use a Pearson Square to formulate a batch of ground beef using boneless bull meat (15% fat - \$1.15/lb) and 70% lean beef trimmings (30% fat - \$0.89/lb). The batch size is 500 pounds and the final product should be 20% fat (80% lean). Round your answers to 2 decimal places. Determine the cost of 70% lean beef trimmings

- a. \$146.85**
- b. \$215.00
- c. \$115.00
- d. \$166.67

104 Use a Pearson Square to formulate a batch of ground beef using boneless bull meat (15% fat - \$1.15/lb) and 70% lean beef trimmings (30% fat - \$0.89/lb). The batch size is 500 pounds and the final product should be 20% fat (80% lean). Round your answers to 2 decimal places. Determine the cost per pound of ground beef (final product)

- a. \$1.13
- b. \$1.03**
- c. \$0.95
- d. \$0.89

105 Use a Pearson Square to formulate a batch of ground beef using boneless bull meat (15% fat - \$1.15/lb) and 70% lean beef trimmings (30% fat - \$0.89/lb). The batch size is 500 pounds and the final product should be 20% fat (80% lean). Round your answers to 2 decimal places. Determine the total cost for batch of ground beef (final product)

- a. \$445.00
- b. \$475.00
- c. \$500.15
- d. \$515.00**

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- 106 Meats should be frozen at temperatures of:
- 0 degrees F or lower**
 - 36o F
 - 32o F
 - 38o F
- 107 What is the major purpose of aging meat?
- To lower food borne illness and develop additional tenderness and a characteristic flavor
 - To lower the incidence of food borne illness
 - To develop additional tenderness and a characteristic flavor**
 - None of the listed
- 108 What is meant by residues in meat?
- Minute amounts of antibiotic, drug, hormone, insecticide, pesticide, or environmental contaminant remaining in meat after slaughter**
 - Opaque soap scum that remains on the meat after the carcass is rinsed
 - Both Opaque soap scum and Minute amounts of chemicals remaining in the meat.
 - None of the listed
- 109 What is the best source of meat to meet thiamin requirements:
- Pork**
 - Fish
 - Chicken
 - Beef
- 110 What is the maximum amount of fat which ground beef can contain?
- 40%
 - 30%**
 - 20%
 - 10%
- 111 Short-fed refers to cattle that are grain fed for:
- 90 to 130 days**
 - 180 days
 - 100 to 150 days
 - More than 180 days
- 112 The USDA inspection process is a guide to:
- Wholesomeness**
 - Quality
 - Fat Content
 - Marbling

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- 113 What is the recommended amount of meat to be included in a daily diet?
- 2-3 oz.**
 - 8 oz.
 - 6 oz.
 - 12 oz.
- 114 To what internal temperature should pork be cooked?
- 160o F**
 - 150o F
 - 120o F
 - None listed
- 115 A disease associated with the way pork is cooked is called:
- Trichinosis**
 - Leptospirosis
 - Brucellosis
 - Vibriosis
- 116 "
- How do you correctly calculate the cost per serving when considering the price of meats? "
- Divide the cost per pound by the number of servings you expect to get per pound**
 - Divide the cost per pound by the number of pounds you buy
 - Multiply the cost per pound into the number of people you can plan to serve
 - Multiply the cost per pound by the total pounds you purchase
- 117 The USDA meat grades for lamb are:
- Prime, Choice, Good, Utility, and Cull**
 - Prime, Choice, Good, Cutter, and Canner
 - Prime, Choice, Select and Standard
 - U.S. No. 1, U.S. No. 2, and U.S. No. 3
- 118 How can cuts of meat be identified?
- Color, size of cut, and bone structure**
 - Color
 - Fat Content
 - Pork cuts are always smaller
- 119 What are the primary factors for determining the value and general acceptability of a beef carcass?
- Tenderness & Juiciness
 - Quality of Yield**
 - Dressing percent and Yield
 - Cutability & Quality

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- 120 Which statement is not correct about meat fats?
- Moderate amounts of fat are essential in human diets
 - Fats help in the absorption of Vitamin A, D, E, & K
 - All animal fat is saturated**
 - Fat adds flavor and makes meat seem juicy.
- 121 What is the correct method for determining when a roast is done?
- Use a roast meat thermometer to determine the internal temperature of the roast.**
 - Cook 45 minutes per pound of meat
 - Cook for 3 hours per pound of meat
 - Cook for 3 hours at 425o
- 122 Meat is considered a complete protein because it:
- Provides iron in the diet
 - Tastes good
 - Supplies all of the essential amino acids**
 - Lacks the essential amino acids
- 123 What is the refrigerator (36-40 degrees F) storage limit for maximum quality bacon?
- 1 week**
 - 2 weeks
 - 10 days
 - 2 months
- 124 If beef steaks or pork chops are to be broiled they should be cut:
- 3 inches
 - 3/4 to 1 inch**
 - less than 1/2 inch thick
 - None of the above
- 125 What is the advantage to the consumer in buying subprimal cuts?
- Identifies the USDA grades
 - Identifies the cut of meat
 - Usually results in lower cost per serving when individual cuts are closely trimmed and boneless**
 - Higher quality
- 126 "Long-Fed" refers to cattle that are grain fed for:
- More than 130 days**
 - 100 days
 - 10 to 50 days
 - 90 to 130 days
- 128 What is the maximum amount of fat that ground beef can contain?

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- a. 15%
- b. 20%
- c. **30%**
- d. 40%

129 The length of time before slaughter that use of a hormone or drug must be discontinued is known as the:

- a. **Withdrawal period**
- b. Active period
- c. Infectious period
- d. Treatment period

130 A disease associated with the way pork is cooked is called:

- a. **Trichinosis**
- b. Leptospirosis
- c. Anaplasmosis
- d. Brucellosis

131 What is the time period used to age meat sold in retail markets?

- a. 10 to 12 days
- b. **6 to 10 days**
- c. 4 to 5 days
- d. 3 days

132 What is the best source of meat to meet thiamin requirements:

- a. **Pork**
- b. Lamb
- c. Fish
- d. Beef

133 How do you correctly calculate the “cost per serving” when considering the price of meats?

- a. Multiply the cost per pound by the total pounds you purchase.
- b. Multiply the cost per pound into the number of people you can plan to serve.
- c. **Divide the cost per pound by the number of servings you expect to get per pound.**
- d. Divide the cost per pound into the number of pounds you buy.

134 What are the USDA meat grades for young pork?

- a. **U.S. No. 1, U.S. No. 2, U.S. No. 3**
- b. Prime, choice, and good
- c. Prime, choice, select, and standard
- d. Standard, commercial, utility, and cutter

135 How can cuts of meat be identified?

- a. Weight

Meats

- b. Fat content
 - c. **Color, size, and bone structure**
 - d. Color
- 136 How long can meats cooked at home be safely stored?
- a. **3 to 4 days**
 - b. 7 to 10 days
 - c. 10 to 12 days
 - d. 14 days
- 137 What are the factors for determining the value and general acceptability of a beef carcass?
- a. Dressing percent and Yield
 - b. **Eating quality and Yield**
 - c. Tenderness and Juiciness
 - d. Weight and Taste
- 138 What USDA grades of beef are generally found in local meat markets?
- a. **Choice and Select**
 - b. Prime and Good
 - c. Prime and Choice
 - d. Standard and Cutter
- 139 At what temperature range should meat be cooked to best retain moisture?
- a. **Moderate Temperature (325°F)**
 - b. Low Temperature (below 250°F)
 - c. High Temperature (above 350°F)
 - d. None listed
- 140 Meat is considered to be a complete protein because it:
- a. Tastes good
 - b. Provides iron
 - c. **Supplies all of the essential amino acids**
 - d. Provides thiamin
- 141 How can doneness of broiled meats be tested most accurately?
- a. Taste
 - b. Meat Thermometer
 - c. Cooking Time
 - d. **Cut a slit in the center and check color**
- 142 What factors are used to determine meat “quality”?
- a. **Tenderness, Juiciness, and Flavor**

Meats

- b. Color, Fat content, and Texture
- c. Cutability and Yield
- d. None Listed

143 Meats should be frozen at temperatures of:

- a. **0°F or lower**
- b. 15°F
- c. 20°F
- d. 38°F

144 The USDA inspection process is a guide to:

- a. **Wholesomeness**
- b. Marbling
- c. Taste and Texture
- d. Fat Content

145 To what internal temperature should pork be cooked?

- a. **160°F**
- b. 150°F
- c. 120°F
- d. 130°F

146 To serve warm, “fully cooked” hams need only be heated to an internal temperature of _____ degrees F.

- a. 120
- b. **140**
- c. 170
- d. 350

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

- a. **Skeletal meat**
- b. Retail cut
- c. Processed meat
- d. Glandular meat

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

- a. riblet
- b. **rack**
- c. crown roast
- d. sirloin

149 Which statement is true concerning animal fat being completely saturated?

- a. **Less than 50% of the fat in beef, pork and veal is saturated.**

Meats

- b. More than 80% of the fat in beef, pork and veal is saturated.
- c. Meat contains no saturated fat.
- d. Only beef contains less than 40% saturated fat.

150 _____ is the drying out of the surface tissues of food during freezer storage. It deteriorates the quality of the food and is caused by improper wrapping or punctures in the package that may allow air to enter.

- a. air lock
- b. Freezer burn**
- c. saturation
- d. dehydration

151 Sodium nitrite is used in making some processed meats because it _____.

- a. inhibits the development of botulinum toxin
- b. fixes the color of meat
- c. contributes to the characteristic flavor and texture of bacon, ham, and sausage products.
- d. All of the listed**

152 What is the maximum fat content that the government has set for a hotdog?

- a. 30%**
- b. 25%
- c. 10%
- d. 5%

153 For safety, the best flavor, texture and juiciness, cook pork to an internal temperature of _____.

- a. 160 degrees F**
- b. 110 degrees F
- c. 200 degrees F
- d. 130 degrees F

154 Cutability is defined as _____.

- a. The amount of quality that a carcass has
- b. The amount of tenderness of retail cuts from a carcass
- c. The yield of lean meat in a carcass**
- d. The ratio of carcass weight to live weight

155 Which factor is not used to determine the quality of a beef carcass?

- a. Maturity of carcass
- b. Ribeye area**
- c. Marbling
- d. Color, firmness and texture of lean

Meats

- 156 The USDA quality grades of beef are generally found in grocery stores?
- Choice and Select**
 - Choice and Standard
 - Prime and Select
 - Cutter and Canner
- 157 What is an antioxidant?
- Hormones added to increase beef feeding efficiency.
 - Substance used to retard rancidity in food products due to oxidation.**
 - Additive used in processed meats to make product more tender.
 - Additive used in processed meats as a curing accelerator.
- 158 What temperatures are needed for proper freezing and storage of meat?
- 0 degrees F or lower**
 - 15 degrees F
 - 32 degrees F
 - 45 degrees F
- 160 What is a withdrawal period concerning the use of drugs and hormones?
- The length of time a drug must be given to an animal.
 - The length of time before slaughter that the use of a hormone or drug must be discontinued.**
 - The length of time an antibiotic will have maximum efficacy in an animal.
 - None of these
- 162 What does the USDA Inspection Stamp mean to the meat industry?
- Is a guide to wholesomeness.**
 - Is a guide to meat quality.
 - Grants that beef will grade choice.
 - Serves a guide for yield grading.
- 163 Why is meat aged?
- To increase the flavor of fat.
 - To develop tenderness and a characteristic of flavor.**
 - To inhibit the growth of bacteria.
 - To increase the shelf life.
- 164 Which statement is false about food irradiation?
- Is a physical means of food treatment compared to heat pasteurization.
 - Destroys harmful bacteria that may cause food to spoil.
 - Improves the tenderness of meat products.**
 - Irradiated food keeps longer and in better condition in homes.
- 165 What does protein do for the body?

Meats

- a. Is the building block for body structure.
- b. Strengthens the body's defense system against infections.
- c. Maintains blood neutrality.
- d. **All of these**

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

- a. **Two 2-3 ounce servings per day**
- b. Three 3-4 ounce servings per day
- c. Two one ounce servings per day
- d. Four 2-3 ounce servings per day

167 How does the lean to fat ratio in ground beef affect the price?

- a. The price per pound will be higher with less lean and more fat.
- b. **The price per pound will be lower with more fat and less lean.**
- c. The price per pound will be lower with less fat and more lean.
- d. None of these

168 Which disease in pork is found to infect the intestines and muscle tissue and is rarely found today?

- a. Escherichia coli
- b. Anaplasmosis
- c. **Trichinosis**
- d. Salmonella

169 What degree of temperature is meat safe to keep during a power outage?

- a. **40 degrees F or below**
- b. 50 degrees F or above
- c. 80 degrees F or below
- d. 40 degrees F or above

170 What is meant by vacuum packaging or vacuum sealing?

- a. **Elimination of air from package.**
- b. Air is added to the package.
- c. Shrinkage is increased.
- d. Elimination of nitrogen from package.

171 Can frozen meat be cooked without thawing?

- a. **Yes, however, cooking time will be increased**
- b. No, unless cooking time is decreased
- c. No, we should always thaw before cooking
- d. Yes, however, cooking time will be decreased

172 Which of the following meats should NOT be frozen?

Meats

- a. Meats from a butcher shop
 - b. Meats from the grocery store
 - c. Meats in cans**
 - d. Meats in plastics
- 173 The following are the most widely used methods of aging EXCEPT
- a. Dry aging
 - b. Fast aging
 - c. Broiling**
 - d. Vacuum packaging
- 174 If the power goes off, how long is meat safe in the refrigerator if the door remains closed?
- a. 6-8 hours**
 - b. 2 days
 - c. Indefinitely
 - d. It is not safe as soon as the power goes off
- 175 Which is a natural hormone used in the beef industry?
- a. Bovine cilantro
 - b. Trenbolone acetate
 - c. Testosterone**
 - d. Zeronal
- 176 What effect does meat containing the papain have on the person who eats it?
- a. Toxicity**
 - b. Body odor
 - c. Nausea
 - d. No effect
- 177 How can one usually judge whether uncooked meat is spoiled?
- a. A change in quality**
 - b. A change in cutability
 - c. A change in skeletal girth
 - d. A change in yield
- 178 What is the difference between a half ham and a portion such as butt or shank portion?
- a. A butt or shank portion has had no center slices removed
 - b. A half ham is known as a Boston butt
 - c. There is no difference between a half ham and a butt or shank portion
 - d. A half ham has had no center slices removed.**

Meats

180 Which is generally true of cuts taken from the middle section of the carcass along the backbone?

- a. They are of lower quality
- b. They are more tender**
- c. They are tougher
- d. They contain more shank bones

181 Why is meat cured?

- a. Preservation**
- b. Cutability
- c. Infiltration
- d. Saturation

182 Most of the USDA graded beef in our supermarkets is _____ with some _____.

- a. Commercial with some Utility
- b. Choice with some Select**
- c. Prime with some Choice
- d. Utility with some Canner

183 Which meat is NOT commonly cured?

- a. Fresh side**
- b. Bacon
- c. Corned beef
- d. Ham

185 Is USDA inspection a guide to quality?

- a. No, except outside of the United States
- b. No, the USDA inspection stamp is a guide to wholesomeness**
- c. Yes, the USDA inspection stamp indicates the quality grade
- d. Yes, the USDA inspection stamp indicates the yield grade

186 Meat is one of our best food sources of iron in the form of _____ iron.

- a. Carne
- b. Chemically produced
- c. Heme**
- d. Vegan

188 Which of the following is a B vitamin found in meat?

- a. Calcium
- b. Sodium
- c. Riboflavin**
- d. Zinc

189 What is used to develop additional tenderness and a characteristic flavor in meat?

Meats

- a. **Aging**
 - b. Calcerating
 - c. Irradiating
 - d. Vacuum packaging
- 190 How has the nutrient density of meat changed in the past 20 years?
- a. It has decreased
 - b. It has remained constant
 - c. **It has increased**
 - d. It has stayed the same
- 192 Which legislation dictates strict animal handling, stunning, and slaughter guidelines?
- a. **Humane Slaughter Act of 1978**
 - b. Animal Kill Act of 1983
 - c. EPA Guidelines of 1942
 - d. Kosher Kill Legislation from the 1930's
- 193 Which of the following is a sterol found in all animal tissue?
- a. Campesterol
 - b. Ergosterol
 - c. **Cholesterol**
 - d. Phytosterol
- 194 What temperatures tend to toughen meat protein?
- a. Low temperatures
 - b. There are no proteins in meat
 - c. **High temperatures**
 - d. There is no relationship between temperature and toughness
- 195 In order for a beef carcass to grade Prime, Choice, Select or Standard, they must be between 9 months and
- a. 24 months
 - b. 48 months
 - c. **42 months**
 - d. 30 months
- 196 The occurrence of a dry, dark and firm carcass lean of cattle is caused by the pH of the muscle not dropping below
- a. 5
 - b. **6**
 - c. 6.5
 - d. 7
- 197 The beef carcass quality grade is determined by using

Meats

- a. color, firmness, texture, feathering, maturity
 - b. color, feathering, maturity, texture, marbling
 - c. color, firmness, texture, marbling, maturity**
 - d. color, firmness, fat flank-streaking, marbling and maturity
- 198 Muscles of locomotion are _____ tender than muscles of attachment
- a. more**
 - b. less
- 199 What does net weight mean?
- a. Weight of the package
 - b. Weight of the food plus the package
 - c. Weight of the food without the package**
 - d. The total weight of the package that can be fit into a 6"x10" net
- 200 _____ is the hind leg of a hog that has not been cured or smoked. It may be sold with a bone or boneless.
- a. Fresh Ham**
 - b. Rear Shank
 - c. Boston Butt
 - d. Ham hock
- 201 What is the purpose of adding ascorbic acid (Vitamin C) to sausage products?
- a. Speeds up color fixation**
 - b. Reduce Cost
 - c. Flavor
 - d. Retention of water
- 202 The method of cooking large cuts of meat in an oven uncovered and without adding moisture is
- a. deep fat frying
 - b. frying
 - c. roasting**
 - d. braising
- 204 Trichinosis is a disease, which has become a medical rarity in the United States. It is caused by eating meat from _____ that have been infected with the parasite trichinae.
- a. chickens
 - b. dairy calves
 - c. sheep
 - d. hogs**
- 205 The _____ is a paper-like covering on a lamb carcass
- a. fell**
 - b. skin

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- c. strip
- d. peritoneum

206 The ribeye area per 100 lbs. of carcass weight for a beef carcass that weighs 700 lbs. and has a ribeye area of 14 sq. in. is

- a. **2.0**
- b. 1.6
- c. 2.2
- d. 1.5

207 The beef yield grades predict the boneless, closely trimmed retail cuts coming from

- a. round, rib, brisket, chuck
- b. round, plate, rib, chuck
- c. **round, rib, loin, chuck**
- d. round, chuck, flank, loin

208 Broiling is a _____ heat method used for tender steaks, chops and poultry

- a. cook in liquid
- b. moist
- c. crock pot
- d. **dry**

209 On average, the beef carcass possesses _____ number of ribs

- a. **13**
- b. 16
- c. 12
- d. 14

210 The lean cuts of a hog carcass are

- a. ham, loin, boston butt, sausage
- b. ham, loin, bacon, sausage
- c. **ham, loin, boston butt, picnic**
- d. ham, spare ribs, bacon, shoulder

211 A ready to eat meat product should be kept above _____ degrees F.

- a. 180
- b. 160
- c. 150
- d. **140**

212 About _____ percent of beef that is graded in the United State is Prime

- a. **2**
- b. 4

Meats

- c. 6
- d. 8

213 All beef is required to have an USDA grade stamped on it

- a. TRUE
- b. **FALSE**

101-200

214 Which of the following is NOT a primal cut of beef?

- a. **top round**
- b. loin
- c. chuck
- d. plate

215 Beef Patties have a maximum fat content of _____ percent

- a. 20
- b. 25
- c. **30**
- d. 40

216 The two factors of the quality grade of a lamb carcass are

- a. degree of flank fat streaking and color of lean
- b. **maturity and degree of flank fat streaking**
- c. color and texture of lean
- d. weight of carcass and maturity

217 Which is not a quality carcass problem found in hog carcasses?

- a. Blood Splashing
- b. Pale, Soft and Exudative (PSE)
- c. Dry, Dark and Firm (DDF)
- d. **Crypt Orchid**

218 Palatability is determined by

- a. **Tenderness, Flavor, and Color; AND Juiciness and Texture**
- b. Maturity
- c. Tenderness, Flavor, and Color
- d. Juiciness and Texture

Meats

- 219 Subcutaneous, Intramuscular, Intermuscular, and Perinephric are the four types of fat.
- TRUE**
 - FALSE
- 220 Color, firmness, texture, Marbling, and Maturity make up Beef
- Items inspected by the USDA
 - Yield Grade
 - Quality Grade**
 - % Retail Boneless Cuts
- 221 Maturity score of a carcass can be determined by looking at/for all of the following EXCEPT
- hardening of the cartilage to bone in vertebrae
 - lean color
 - "chine buttons"
 - excessive marbling**
- 222 Yield grade is determined on which factors
- Hot Carcass Weight and Ribeye Area AND Adjusted Fat Thickness and Percent Kidney, Pelvic, and Heart Fat**
 - Hot Carcass Weight and Ribeye Area
 - Adjusted Fat Thickness and Percent Kidney, Pelvic, and Heart Fat
- 223 _____ is the fat found inside the muscle and _____ is the fat found between the muscles
- Subcutaneous; Perinephrin
 - Intramuscular; Intermuscular**
 - Perinephrin; Subcutaneous
 - Intermuscular; Intramuscular
- 224 Muscles of _____ are more tender than muscles of _____
- Attachment; Connectivity
 - Locomotion; Attachment
 - Connectivity; Locomotion
 - Attachment; Locomotion**
- 225 Blood spots in the muscle caused by elevated blood pressure prior to bleeding describes which of the following carcass quality problems
- Blood Splashing**
 - Cryptorchid
 - PSE
 - DDF

Meats

- 226 Primal Cuts of the lamb carcass include
- Leg, Loin, Rack, Fore Arm
 - Leg, Loin, Chop, Fore Arm
 - Loin, Chop, Shoulder
 - Leg, Loin, Rack, Shoulder**
- 227 Which is not an USDA Beef Quality Grade?
- Cull**
 - Utility
 - Prime
 - Select
- 228 Tenderness, Flavor, Color, Juiciness, and Texture determine
- Carcass Value
 - Palatability**
 - Yield Grade
 - Quality Grade
- 229 A common feed additive, used in hogs, that can cause compromised carcass quality if abused is
- Rumensin
 - Pay-Lean**
 - Opti-Flex
 - Zilmax
- 230 What is the yield grade supposed to estimate?
- boneless retail cuts
 - Carcass Quality Size of the carcass
 - The value of the carcass,
 - Percentage of closely trimmed**
- 231 Over the years, consumption of beef and chicken has _____ and consumption of lamb as _____.
- decreased, increased**
 - all have increased
 - all have decreased
 - increased, decreased
- 232 Longissimus dorsi is the muscle that is commonly called the
- chuck
 - ribeye**
 - round
 - None of the answers listed
- 233 About 55 percent of beef that is graded in the United States is

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- a) Select
- b) Standard
- c) Choice**
- d) Prime

234 Which meat is the best source of B-Vitamin, Thiamin?

- a) Pork
- b) Beef**
- c) Lamb
- d) Veal

235 Campylobacter jejuni can be destroyed by heating food to _____ degrees F.

- a) 110
- b) 120
- c) 130
- d) 140**

236 Unopened "Keep Refrigerated" canned hams may be kept in the home refrigerator _____ to _____ months if properly stored.

- a) 1, 2
- b) 6, 9**
- c) 2, 3
- d) 4, 5

237 How much less time does it take to cook a 5 lb. roast in a convection oven rather than a conventional oven?

- a) 1/3**
- b) 2/3
- c) 1/2
- d) about the same

238 When buying boney, unclosed meat, how much meat should be allowed per serving?

- a) 1 to 1 1/4 pound
- b) 1/4 to 1/3 pound
- c) 3/4 to 1 pound**
- d) 1/3 to 1/2 pound

239 The total time that it takes to cool a medium done roast depends upon the cut size, shape, and whether the roast is boneless or with bones. Minutes per pound to cool _____ as the size of the roast increases.

- a) Stay about the same
- b) Increase**
- c) All of the answers listed Decrease

Meats

241 What should the temperature of meat be when cooking begins?

- a) 0 degrees F
- b) Room temperature
- c) Refrigerator temperature**
- d) 100 degrees F

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

- a) The date the animal was slaughtered**
- b) The sell-by date
- c) The use-by date
- d) The pull date

243 The Food Guide Pyramid has 6 groups. Which group has the lowest daily recommended amount?

- a) Grains
- b) Meat & Beans
- c) Oils**
- d) Milk

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

- a) round steak**
- b) brisket
- c) rib roast
- d) flank steak

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

- a) Meat by-product
- b) Processed meat**
- c) Dry sausage
- d) Skeletal meats

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

- a) Primal
- b) Hanging carcass
- c) Skeletal meat**
- d) Processed meat

248 In a _____ oven, the heated air is circulated around the meat. The hot air touches all the surfaces simultaneously so that the meat cooks evenly and in less time

- a) convection**

Meats

- b) rotisserie
- c) conventional
- d) microwave

249 How can consumers learn the contents of processed meat?

- a) Ask the store manager
- b) Read the labels**
- c) Purchase a copy of the Meat Guide for Consumers published by the United Meat Processors
- d) Society Check with the local County Extension Office

250 _____ was one of the earliest "food additives." The term "food additives" is used collectively to identify edible substances that may, by legal approval, be added to foods for flavoring, coloring, preserving, extending and/or for improving or maintaining the food's natural appeal.

- a) Bull meat
- b) Charcoal
- c) Salt**
- d) Iron

251 When you divide the cost per pound of the meat you are buying by the number of servings you expect to get per pound, you are calculating the _____.

- a) total cost of the meat
- b) cost per serving**
- c) lean to fat ratio
- d) content of the meat

252 The color of meat can be helpful when judging quality. _____ is bright red with white fat. _____ is grayish pink; and _____ grayish pink to delicate rose. Spring _____ that has been grass fed tends to be light pink or if grain fed may be a darker pink.

- a) beef, veal, pork, lamb**
- b) lamb, veal, beef, pork
- c) veal, pork, lamb, beef
- d) beef, lamb, pork, veal

253 Which is not a type of fat found on or in meat animal carcasses?

- a) intermuscular
- b) external**
- c) internal subcutaneous

254 _____ and _____ are the two types of connective tissue that affect meat tenderness.

- a) Soft; stringy
- b) Hard; bumpy
- c) Dense; soft
- d) Dense; loose**

Meats

- 255 Muscle fiber transverse the entire length of the muscle.
- a) **FALSE**
 - b) TRUE
- 256 At what time post-mortem is rigor complete?
- a) 72 hours
 - b) **48 hours**
 - c) 12 hours
 - d) 24 hours
- 257 What compound in muscle is responsible for rigor mortis?
- a) **Lactic acid**
 - b) Sodium Lactate
 - c) Fat
 - d) Sodium Chloride
- 258 Meat that is not fit for human consumption is called _____.
- a) edible
 - b) appealing
 - c) lag
 - d) **inedible**
- 259 Which is not a food pathogen?
- a) **Pseudomonis**
 - b) Staph aureus
 - c) Salmonella
 - d) E. coli
- 260 Which is not a curing ingredient used in brine?
- a) sugar
 - b) salt
 - c) **phosphorus**
 - d) phosphate
- 261 The _____ Meat Act of _____ established that meat offered for sale must be inspected.
- a) **Wholesomeness; 1967**
 - b) Healthy; 1908
 - c) Inspection; 1954
 - d) Wellness; 1945
- 262 Who pays for USDA grading?
- a) The County Extension Office

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- b) The state
 - c) The plant**
 - d) The President
- 263 Which rib is utilized in determining yield grade of sheep and beef?
- a) twelfth**
 - b) ninth
 - c) sixth
 - d) first
- 264 Which is not used for determining yield grade in beef?
- a) Hot Carcass Weight
 - b) Fat Thickness at the fifth rib**
 - c) Adjusted Fat Thickness
 - d) Rib Eye area
- 265 How thick should a steak of chop be to be broiled to satisfaction?
- a) 1/8"
 - b) 1/4"
 - c) 3/4"**
 - d) 1/2"
- 266 Who are the most vulnerable to foodborne bacteria?
- a) The very young, the very old, and those with chronic illnesses**
 - b) Young, healthy men and women
 - c) Hospital workers and veterinarians
 - d) Military personnel
- 267 Can the USDA investigate alleged foodborne illnesses as a result of eating restaurant food?
- a) Yes
 - b) No**
- 268 What is the meaning of the term "spring lamb"?
- a) Meat from a lamb older than a year
 - b) Meat from a lamb less than a year old**
 - c) Meat from a lamb that matured in the spring
 - d) Meat from a lamb harvested in the spring
- 270 The length of time before harvest that use of a hormone or drug must be discontinued is called:
- a) The Withdrawal Period**
 - b) The Time Warp
 - c) The Pain Gap
 - d) The Lag Time

Meats

272 The _____ Act of _____ dictates strict animal handling, stunning, and harvesting guidelines.

- a) Meat; Safety; 1942
- b) Humane; Slaughter; 1978**
- c) Humane; Food; 1984
- d) Safe; Meat; 1904

273 Which is not a type of meat aging?

- a) Fast
- b) Retail**
- c) Wet
- d) Dry

274 The maximum fat content of a hot dog is _____ (by weight).

- a) 30%**
- b) 40%
- c) 10%
- d) 20%

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

- a) Two 5-6 ounce servings
- b) One 8-9 ounce serving
- c) Two 2-3 ounce servings**
- d) One 1-2 ounce serving

279 Which is not a mineral or trace mineral found in meat?

- a) Tin**
- b) Zinc
- c) Copper
- d) Iron

280 Do some cuts of meat have higher nutritive value than others?

- a) Yes**
- b) No

281 Which is not a type of meat cooking?

- a) Roasting
- b) Irradiation**
- c) Baking
- d) Cooking in liquid

282 At what temperature do most bacteria begin to grow?

- a) 0 degrees F
- b) 40 degrees F**

Meats

c) 32 degrees F

283 How many ounces are in a pound?

- a) 30
- b) 24
- c) 16**
- d) 8

284 How many grams are in a pound?

- a) 254**
- b) 200
- c) 181
- d) 844

285 How many grams in an ounce?

- a) 25.6
- b) 32
- c) 28.4**
- d) 13.7

286 Meat freezes at _____ ° F.

- a) 28**
- b) 0
- c) 32
- d) 12

287 If you have an 800 lb carcass and cutability is 70%, how many pounds of retail cuts are yielded?

- a) 480
- b) 640
- c) 560**
- d) 720

288 What is the average percent kidney, pelvic, and heart fat in beef?

- a) 4%
- b) 4.5%
- c) 3%
- d) 3.5%**

289 If a fed beef animal weighs 1,000 lbs, what is the expected carcass weight?

- a) 700 lbs.
- b) 600 lbs.**
- c) 580 lbs.
- d) 650 lbs.

Meats

- 290 The average dressing percentage for a hog weighing 240 lbs is:
- a) 65%
 - b) 70%
 - c) **60%**
 - d) 80%
- 291 A live lamb weighs 120 lbs. What carcass weight is expected?
- a) 50 lbs
 - b) 60 lbs.
 - c) **52 lbs.**
 - d) 120 lbs.
- 292 Beef animals over _____ months of age are considered to have specific risk material.
- a) **30**
 - b) 36
 - c) 20
 - d) 24
- 293 A bullock is an intact male bovine _____ to _____ months of age.
- a) 15; 24
 - b) 9; 30
 - c) **9; 24**
 - d) 12; 24
- 295 There are _____ maturity groups for meat carcasses.
- a) **5**
 - b) 6
 - c) 2
 - d) 3
- 297 An US Number 1 grading hog carcass has over _____ percentage of lean cuts.
- a) 50
 - b) 31
 - c) **53**
 - d) 42
- 298 A beef carcass possesses _____ primal cuts.
- a) 10
 - b) 12
 - c) **8**
 - d) 6
- 300 The average percentage of protein in lean meat is:

Meats

- a) 25
- b) 30
- c) 15
- d) 18**

301 When consumed each gram of fat produces how many kCal?

- a) 12
- b) 9**
- c) 5
- d) 6

302 When consumed each gram of protein produces how many kCal?

- a) 5
- b) 9
- c) 4**
- d) 6

304 Which fatty acids found in meat are considered essential for humans?

- a) Omega 4 & 6
- b) Omega 3 & 6**
- c) Omega 1 & 2
- d) Omega 5 & 7

305 In a porterhouse steak, the tenderloin muscle must be _____ inches in diameter.

- a) 1 1/2"
- b) 1 1/4"**
- c) 2"
- d) 1"

306 Considering the chemical composition of meat, the three most components are?

- a) vitamins, mineral, carbohydrates
- b) moisture, fat, protein**
- c) protein, mineral, carbohydrates
- d) moisture, vitamins, protein

307 The two factors that have the greatest affect on growth and development of bacteria on meat products are?

- a) temperature, moisture**
- b) moisture, nutrients
- c) temperature, pH
- d) pH, vitamins

308 The fat depth measurement for hog carcasses is measured at the ____ rib.

- a) sixteenth rib

Meats

- b) fifth rib
- c) tenth rib**
- d) twelfth rib

309 Belly wall thickness is an important consideration when hog carcasses are evaluated for quality.

- a) FALSE
- b) TRUE**

310 Belly wall thickness is an important consideration when lamb carcasses are evaluated for cutability.

- a) TRUE**
- b) FALSE

311 There are _____ types of water found in meat animal carcasses.

- a) 3**
- b) 4
- c) 5
- d) 2

312 The average cholesterol content of a 3 ounce severing of beef is _____ milligrams.

- a) 40
- b) 82
- c) 72**
- d) 52

313 The average water content of lean meat is _____%.

- a) 75**
- b) 68
- c) 45
- d) 60

314 Freezer burn of meat is caused by sublimation of water from the product.

- a) FALSE
- b) TRUE**

316 Which carcass vertebra set should one observe to determine quickly if the beef carcass falls in the A maturity category?

- a) cervical
- b) thoracic
- c) sacral**
- d) lumbar

317 Myoglobin is the color pigment of meat, how many forms of Myoglobin are present in meat retail cuts?

Meats

- a) 4
- b) 1
- c) 3**
- d) 2

318 Rigor mortus causes meat to be less tender.

- a) TRUE**
- b) FALSE

319 It is recommended that less than _____% of your daily caloric intake should come from animal fats.

- a) 30**
- b) 35
- c) 20
- d) 25

320 Pork carcasses possess a more _____ fat than beef carcasses.

- a) unsaturated**
- b) saturated

321 Fresh pork retail cuts have a longer shelf-life than fresh beef cuts.

- a) TRUE
- b) FALSE**

322 Beef cuts from Prime graded carcasses will have more calories per ounce than cuts from Choice graded carcasses.

- a) TRUE**
- b) FALSE

323 What is the best method for knowing when a roast is done?

- a) By checking the internal temperature with a thermometer**
- b) By the outside color of the roast
- c) By checking the external temperature with a thermometer

324 How long is meat safe in the refrigerator when the power is off with a closed door?

- a) 2 days
- b) 6 hours**
- c) 1 day
- d) 12 hours

325 How long is meat safe in a full freezer when the power is off with a closed door?

- a) 1 day
- b) 12 hours

Meats

- c) **2 days**
 - d) 6 hours
- 327 Can luncheon meats be frozen?
- a) **Yes**
 - b) No
- 328 Which is not a safe method for defrosting meat?
- a) In the refrigerator
 - b) **On the kitchen counter**
 - c) In cold water
 - d) In the microwave
- 329 Is meat kept in a home freezer for two years safe to eat if it remained frozen?
- a) **Yes**
 - b) No
- 330 Is it legal after the sell-by date is pasted to put a new date over the original one?
- a) No
 - b) **Yes**
- 331 What is cross contamination?
- a) **The spread of harmful bacteria from one surface to another**
 - b) A process of rotating crops to increase feed efficiency
 - c) Switching from working with a saw to a knife when processing meat animals
 - d) Harvesting more than one species at a plant
- 332 What is not required on a Nutritional Fact label?
- a) Servings per container
 - b) **Cost per serving**
 - c) Calories from fat
 - d) Total carbohydrates
- 333 Altering the diet can help prevent heart disease, cancer, and obesity.
- a) FALSE
 - b) **TRUE**
- 334 Animals foods are less digestible than vegetable foods.
- a) **FALSE**
 - b) TRUE
- 336 Should a healthy diet include fat?
- a) **Yes**

Meats

b) No

337 Which is not a job of protein in the body?

a) Keeps the body in repair

b) Aids in perspiration

c) Maintains blood neutrality

d) Regulates water balance in the body

338 All protein is the same.

a) TRUE

b) FALSE

350 Which is the most popular USDA grade of beef found in local meat markets?

a) Prime

b) Choice

c) Standard

351 Muscle color is not a factor when judging beef quality.

a) TRUE

b) FALSE

352 Which is not a muscle found in the beef round primal cut?

a) Semitendinosus

b) Supraspinatus

c) Biceps femoris

d) Semimembranosus

353 Which is the "ideal" color, texture, and exudation of pork?

a) RSE - Reddish pink, Soft, Exudative

b) RFN - Reddish pink, Firm, Non-exudative

c) DFD - Dark purplish red, very Firm, Dry

d) PSE - Pale, Soft, Exudative

354 Which is not a quality problem of pork?

a) Soft fat

b) Length of carcass

c) Color of Lean

d) Marbling Score

355 Which is not a bone found in the pork loin primal cut?

a) Scapula

b) Lumbar vertebrae

c) Ribs

Meats

d) Thoracic vertebrae

356 A lamb carcass with a break joint white in color would be considered young.

a)

b) FALSE TRUE

357 A lamb carcass has 3% kidney and pelvic fat. The adjusted fat thickness at the twelfth rib would be _____ added to the fat thickness.

a) .1

b) .05

c) .15

d) no adjustment

358 Which is not a muscle found in the lamb shoulder primal cut?

a) Infraspinatus

b) Triceps brachii

c) **Biceps femoris**

d) Supraspinatus

359 Which is not a bone found in the beef chuck primal cut?

a) Humerus

b) Scapula

c) Cervical vertebrae

d) **Lumbar vertebrae**

360 Which is not a muscle found in the beef chuck primal cut?

a) Infraspinatus

b) Supraspinatus

c) Triceps brachii

d) **Biceps femoris**

361 In an average beef carcass, the flank is approximately _____ of the carcass weight.

a) 1%

b) **4%**

c) 10%

d) 14%

362 In an average pork carcass, the _____ is the primal cut with the highest percentage of carcass weight.

a) **ham**

b) loin

c) boston butt

d) belly

Meats

363 Which is not a bone found in the pork ham primal cut?

- a) Ilium
- b) Femur
- c) Humerus**

364 Which is not a muscle found in the lamb leg primal cut?

- a) Biceps femoris
- b) Psoas major
- c) Supraspinatus**
- d) Semimembranosus

365 Which is not a bone found in the lamb leg primal cut?

- a) Cervical vertebrae**
- b) Femur
- c) Ilium
- d) Sacral vertebrae

366 The lamb carcass can be divided into two sections – the foresaddle and the hindsaddle.

- a) TRUE**
- b) FALSE

367 In an average lamb carcass, the _____ is the primal cut with the highest percentage of carcass weight.

- a) rack
- b) loin
- c) shoulder
- d) leg**

368 Which is not a bone found in the lamb shoulder primal cut?

- a) Cervical vertebrae
- b) Lumbar vertebrae**
- c) Humerus
- d) Scapula

369 In an average beef carcass the loin is _____% of the carcass weight.

- a) 4
- b) 9
- c) 17**
- d) 24

372 A _____ is a minute amount of antibiotic, drug, hormone, insecticide, pesticide, or environmental contaminant remaining in meat and poultry after harvesting.

- a) Residue**

Meats

- b) leftover
- c) drug control
- d) regulatory chemical

374 What does HACCP stand for?

- a) Hazard Analysis and Critical Control Points**
- b) Hazard Analyzing Creating Careful Products
- c) Healthy Aware Consumers Controlling Products
- d) Healthy American Certifying and Containing Pesticides

375 What does FSIS stand for?

- a) Food Supply Inspection Service
- b) Federal Safety Inspection Service
- c) Federal Safety Institute and Services
- d) Food Safety and Inspection Service**

376 What does USDA stand for?

- a) United Services of Developing Agriculture
- b) United States Department of Agriculture**
- c) United States Developmental Agency
- d) Unified Safety Detection Agency

377 Irradiated meat must be identified on the label.

- a) TRUE**
- b) FALSE

378 Irradiated foods do not lose nutritional content.

- a) TRUE
- b) FALSE**

383 Lambs that are slaughtered when they are younger than 3 months old are called _____.

- a) lambs
- b) mutton chevon
- c) Hothouse**
- d) feeder lambs

384 The least desirable yield grade for cattle is _____.

- a) U.S. No. 1
- b) Utility**
- c) 5
- d) U.S. No. 4

Meats

- 385 The grading system based on the amount and distribution of finish on an animal is called _____.
- a) **Quality**
 - b) prime
 - c) commercial
 - d) yield
- 386 The sex classes for sheep are _____.
- a) stag, boar, and sow
 - b) **ram, ewe, and wether**
 - c) lamb, sheep, and mutton
 - d) none of the answers listed
- 388 The use of high-frequency sound waves to measure fat thickness and loin-eye area is called _____.
- a) conformation
 - b) frame score
 - c) **ultrasonics**
 - d) None of the answers listed
- 389 _____ are calves that are 1 to 2 years old and are sold to be fed to finish for slaughter.
- a) **Yearling feeders**
 - b) Feeder calves
 - c) Cow-calf
 - d) Charolais
- 391 Shrinkage of fat lambs moving to market is usually from _____ to _____ percent.
- a) 1; 2
 - b) **3; 5**
 - c) 2; 3
 - d) 5; 10
- 393 Which of the following in a system that identifies critical points that must be controlled to prevent public health hazards from occurring in the meat and poultry industries?
- a) NASA
 - b) USDP
 - c) **HACCP**
 - d) AMS
- 394 What terms describes a building block for body structure?
- a) **Protein**
 - b) Amino base
 - c) Carbohydrate

Meats

- d) Lipid
- 395 Water is used in making hot dogs and bologna for all of the following reasons EXCEPT
- a) **Water increases the percentage of important carbohydrates.**
 - b) Water dissolves curing ingredients.
 - c) Water facilitates mixing.
 - d) Water gives products their characteristic texture and acceptability.
- 396 What are the minimum temperatures necessary to cook meat and poultry safely in a smoker?
- a) Maintained at a minimum of 400°F
 - b) **Maintained at 225°F to 300°F**
 - c) Time is more important than temperature in a smoker
 - d) Maintained at 125°F to 200°F
- 397 What is the function of iron in the body?
- a) Iron releases energy in food and is essential for nutrient metabolism.
 - b) Iron is a part of chemical processes including hormone and insulin production.
 - c) Iron is an important in protein synthesis and wound healing.
 - d) **Iron is part of the hemoglobin of blood which carries oxygen to the cells.**
- 399 What is identification of bone shape and cut important when buying meat?
- a) **bone shape and cut indicate the location of the carcass**
 - b) bone shape and cut indicate the quality grade of the cut
 - c) bone shape and cut indicate the wholesomeness of the cut
 - d) bone shape and cut indicate the yield grade of the cut
- 400 How does the addition of tenderizers upgrade beef?
- a) Tenderizers have no affect on tenderness or grade.
 - b) Tenderizers increase the tenderness and grade of beef.
 - c) Tenderizers increase the tenderness but lower the grade of beef
 - d) **. Tenderizers increase the tenderness but do not affect the grade.**
- 402 Is it legal to sell a meat product after the sell-by date indicated on the label?
- a) **Yes – Product dating is not required by law.**
 - b) No
 - c) Yes – But only if approved by USDA inspectors.
 - d) Yes – But putting a new date over the old one is illegal.
- 403 Is freezer burn dangerous?
- a) **No**
 - b) Yes – Freezer burn causes throat crystallization
 - c) Yes – Freezer burn has been linked to cancer
 - d) Yes – Freezer burn introduces bacteria to the product

Meats

- 404 Should meat be turned while panfrying?
- a) No – Turning inhibits cooking throughout
 - b) No – Turning hampers even cooking
 - c) No – Turning increases cholesterol by soaking up oil
 - d) Yes – Turning ensures even cooking**
- 405 When should seasonings be added when broiling?
- a) After browning the meat**
 - b) After the meat is fully cooked
 - c) Just before cooking the meat
 - d) 24 hours before cooking the meat
- 406 Which of the following is a dangerous compound that can form during the grilling of meat?
- a) Polynuclear Aromatic Hydrocarbohydrates (PAHs0
 - b) Heterocyclic Aromatic Amines (HAAs)**
 - c) Butylated Hydroxyanisoles (BHAs)
 - d) Escherichia coli (E-coli)
- 407 When serving a roast from a microwave oven, should standing time be allowed before carving?
- a) No – Standing time decreases cutability
 - b) Yes – The roast will be easier to carve**
 - c) No – Standing time introduces unacceptable pathogens
 - d) Yes – Standing time is required by law
- 408 _____ is a disease caused by eating meat from wild game or hogs that have been infected with the parasite _____.
- a) Anthelmintic, Roundworm
 - b) Trichinosis, Trichinae**
 - c) Campylobacter, Jejuni
 - d) Taenia, Solium
- 409 Which cut was the traditional "London Broil?"
- a) top round
 - b) skirt steak
 - c) flank steak**
 - d) chuck shoulder
- 410 Which of the following is made by using two rib roasts, sewed together to form a circle?
- a) Shank roast
 - b) Loin roast
 - c) Crown roast**
 - d) Circle roast
- 411 Marbling

Meats

- a) **the fat around and between the individual muscle fibers and between connective tissues**
- b) hard, yellow tissue in meat that does not break down during cooking
- c) add support and structure joining together cartilage, collagen and tendons
- d) measure of the usable meat from an animal

412 Fabricated cut

- a) the top USDA meat grade
- b) **smaller cuts of meat**
- c) large piece of meat separated from the animal
- d) measure of the usable meat from an animal

413 Larding inserting thin slices of fat, such as pork fatback, into lowfat meats in order to add moisture

- a) **hard, yellow tissue in meat that does not break down during cooking**
- b) tying thin slices of fast, such as bacon or pork fatback, over meats or poultry that have little to no natural fat covering in order to protect and moisten them during roasting
- c) high meat grade used by both restaurants and consumers

414 Prime

- a) **the top USDA meat grade**
- b) large piece of meat separated from the animal
- c) smaller cuts of meat
- d) measure of the usable meat from an animal

415 Primal cut

- a) a slightly lower meat grade with less marbling
- b) **large piece of meat separated from the animal**
- c) measure of the usable meat from an animal
- d) the top USDA meat grade

416 Connective tissues

- a) large piece of meat separated from the animal
- b) high meat grade used by both restaurants and consumers
- c) **add support and structure joining together cartilage, collagen and tendons**
- d) measure of the usable meat from an animal

417 Collagen

- a) **soft, white tissue that breaks down into gelatin and water during slow, moist cooking processes**
- b) hard, yellow tissue in meat that does not break down during cooking
- c) high meat grade used by both restaurants and consumers
- d) add support and structure joining together cartilage, collagen and tendons

418 Elastin

Meats

- a) large piece of meat separated from the animal
- b) hard, yellow tissue in meat that does not break down during cooking**
- c) measure of the usable meat from an animal
- d) a slightly lower meat grade with less marbling

419 Select

- a) large piece of meat separated from the animal
- b) the top USDA meat grade
- c) a slightly lower meat grade with less marbling**
- d) smaller cuts of meat

420 Choice

- 1. measure of the usable meat from an animal
- 2. high meat grade used by both restaurants and consumers**
- 3. the top USDA meat grade
- 4. smaller cuts of meat

421 Yield grade

- 1. the top USDA meat
- 2. grade measure of the usable meat from an animal**
- 3. large piece of meat separated from the animal
- 4. smaller cuts of meat

422 Barding

tying thin slices of fat, such as bacon or pork fatback, over meats or poultry that have little to no natural fat covering in order to protect and moisten them during roasting

423 Chuck, brisket, round

- a) cuts for moist heat cooking**
- b) 3 methods of dry heat cooking
- c) cuts for dry heat cooking
- d) 2 methods of moist heat cooking

424 Cow/calf, weaning, stocker, finishing, processing

- a) 3 methods of dry heat cooking
- b) process of cow production**
- c) cuts for dry heat cooking
- d) 3 reasons to cook meat

425 Shoulder, rack, loin, leg, breast, shank

- a) sausages are what type of product?
- b) lamb wholesale cuts (from head to tail and back around)**
- c) pork wholesale cuts (head to tail end and back)
- d) hot dogs are what type of product?

Meats

426 Roast, grill, broil

- a) 2 methods of moist heat cooking
- b) cuts for moist heat cooking
- c) cuts for dry heat cooking
- d) 3 methods of dry heat cooking**

427 Summer sausage semi-dry sausage 140 F well meat 120 F rare meat dry sausage

428 Coarsely ground (10% water limit, unlimited fat) sausages are what type of product?

- a) process of cow production
- b) quality factors of raw meat

hot dogs are what type of product?

- a) protein that makes meat red
- b) Shoulder pork wholesale cuts (head to tail end and back)
- c) Blade (boston) shoulder, loin, ham, side, picnic**
- d) lamb wholesale cuts (from head to tail and back around)

430 150

- a) F medium rare meat**
- b) F rare meat
- c) F well meat
- d) F medium well meat

431 180

- a) F medium rare meat
- b) F medium well meat
- c) F well meat**
- d) F rare meat

452 The following are grades for _____. Prime, Choice, Select, Standard, Commercial, Utility, Cutter, Canner. The following are common _____ in the meat industry. Pepper, Cinnamon, Clove, Nutmeg, Allspice.

453 "The following are grades for _____.

- a) 1.00-1.24" of backfat
- b) 1.25-1.49" of backfat
- c) 1.50" or greater of backfat"
- d) less than 1" of backfat**

454 The following are cuts from _beef____.

- a) Ham, Loin,**
- b) Boston Butt,

Meats

c) Picnic, Belly

453 We keep animals off of ___feed_____ for 12-24 hours so

- a) **they can be bled easier,**
- b) prevent shrinkage,
- c) brighter meat

White, moisture proof laminate on one side can be used for long term the edible organs ex. Kidney, liver and tripe these are types of _____.

- a) Tomato
- b) Lemon**
- c) Vegetables,
- d) Papaya

454 Carcass The dressed, gutted and skinned animal Preservation of a piece of meat short term, not for freezing beef ranks number ___ in consumption

455 Buttonstips of bones or cartilage, comes from

- a) **miscutting**
- b) the anterior portion containing 1-12th rib
- c) display only, not for freezing
- d) preservation of a piece of meat

457 "The following are grades for ___Pork_____.

- a) 1.00-1.24"" of backfat
- b) less than 1"" of backfat**
- c) 1.25-1.49"" of backfat
- d) 1.50"" or greater of backfat"

456 These are types of _____. Lemon, Tomato, Vegetables, Papaya

457 The following cuts are from _____. Chuck, Rib, Brisket, Plate, Shank

458 The following are grades for _____. Prime, Choice, Select, Standard, Commercial, Utility, Cutter, Canner

459 Cellophane

- a) proportion of lean meat to fat
- b) display only, not for freezing**
- c) short term, not for freezing preservation of a piece of meat

460 The following are common _____spices_____ in the meat industry.

- a) **Pepper, Cinnamon, Clove, Nutmeg, Allspice**

The following are cuts from _____. Ham, Loin, Boston Butt, Picnic, Belly

The following are grades for _____. Prime, Choice, Select, Standard, Commercial, Utility, Cutter, Canner

The following cuts are from _____. Chuck, Rib, Brisket, Plate, Shank

Meats

461 The following cuts are from ___ front quarter ____.

Chuck, Rib, Brisket, Plate, Shank

462 The following are cuts from _____.

b) Ham, Loin, Boston Butt, Picnic, Belly

Used for smoking meats. Types: Hickory, Oak, Cherry, Ash, Mesquite, Maple, Apple

These are types of _____. Lemon, Tomato, Vegetables, Papaya

461 **1** Poultry ranks number ___ in consumption Lamb ranks number ___ in consumption
Pork ranks number ___ in consumption Beef ranks number ___ in consumption

462 **3** Pork ranks number ___ in consumption

Lamb ranks number ___ in consumption

Poultry ranks number ___ in consumption

Beef ranks number ___ in consumption

463 Meat is important because it provides all 10 of the essential ___ **amino acids** ___ that your body needs to function

464 White, moisture proof laminate on one side.

c) **Can be used for long term.** Methods of killing an animal for slaughter Two things that marbling adds to the meat

464 **5** Lamb ranks number ___ in consumption

Pork ranks number ___ in consumption

Poultry ranks number ___ in consumption

Beef ranks number ___ in consumption

465 Curing

d) preservation of a piece of meat

e) display only, not for freezing

f) proportion of lean meat to fat

g) short term, not for freezing

466 **4** Edible organs rank number ___ in consumption

Beef ranks number ___ in consumption

Poultry ranks number ___ in consumption

Pork ranks number ___ in consumption

466 Cutability

467 proportion of lean meat to fat contains the loin and the 13th rib preservation of a piece of meat retail meat cuts

Meats

468 E. Coli present in all mammals' intestines, dangerous if improperly handled Preservation of a piece of meat Intermuscular fat, cannot be removed the edible organs ex. Kidney, liver and tripe

469 Hardwoods used for smoking meats. Types: Hickory, Oak, Cherry, Ash, Mesquite, Maple, Apple the edible organs ex. Kidney, liver and tripe brown, used for a short period of time The following are cuts from _____. Ham, Loin, Boston Butt, Picnic, Belly

470 2 Beef ranks number ___ in consumption Pork ranks number ___ in consumption Poultry ranks number ___ in consumption Lamb ranks number ___ in consumption

471 Freezer burn discoloration and oxidation caused by lack of moisture and improper packaging Hotel, Restaurant, Institution - a type of commercial grading tips of bones or cartilage, comes from miscutting present in all mammals' intestines, dangerous if improperly handled

472 Variety meats the edible organs ex. Kidney, liver and tripe edible organs rank number ___ in consumption the dressed, gutted and skinned animal brown, used for a short period of time

473 Pork The following are cuts from _____. Ham, Loin, Boston Butt, Picnic, Belly The following cuts are from _____. Chuck, Rib, Brisket, Plate, Shank The following are grades for _____. Prime, Choice, Select, Standard, Commercial, Utility, Cutter, Canner These are types of _____. Lemon, Tomato, Vegetables, Papaya

474 Hindquarter

- a) retail meat cuts
- b) contains the loin and the 13th rib**
- c) two things that marbling adds to the meat
- d) proportion of lean meat to fat

475 "Slaughtering a ___beef___ is done by:

- a. Skinning the animal
- b. Sticking the animal**
- c. Removing the guts from the animal
- d. Quartering the animal"

476 "Slaughtering a _____ is done by:

- a. Electric shock**
- b. Sticking
- c. Scalding
- d. Skinning

5. Cut in half up middle" "The following are grades for _____.

1. less than 1"" of backfat
2. 1.00-1.24"" of backfat
3. 1.25-1.49"" of backfat
4. 1.50"" or greater of backfat" Methods of killing an animal for slaughter

Meats

476 These are types of _____ marinades__.

- a) **Lemon, Tomato, Vegetables, Papaya**
- b) tips of bones or cartilage

466 The following are cuts from _miscutting_____.

- a) **Ham, Loin, Boston Butt, Picnic, Belly**
- b) the edible organs ex. Kidney, liver and tripe

477 Aging

- a) **Keeping meat at 35-38 degrees for a period of time.**
- b) Breaks down enzymes.
- c) Brown, used for a short period of time present in all mammals' intestines, dangerous if improperly handled
- d) preservation of a piece of meat

478 Hind Quarter

- a) short term, not for freezing
- b) **Sirloin, Shortloin, Flank, Round, Rump**
- c) proportion of lean meat to fat
- d) none of the answers listed

479 "The length of __storage_____ is as follows:

- a) Ground beef: 1-2 days refrigerated; 3-4 months frozen
- b) **Beef fresh: 2-4 days refrigerated; 6-12 months frozen**
- c) Pork fresh: 2-4 days refrigerated; 6-9 months frozen
- d) Pork ground: 1-2 days refrigerated; 1-3 months frozen"

480 Abusive handling and overcrowding causes a _Loss_____ of weight during the shipping of live animals The following cuts are from _____.

- a) **Chuck, Rib, Brisket, Plate, Shank**
- b) Discoloration and oxidation caused by lack of moisture and improper packaging

The following are cuts from _____.

- a) Loin,
- b) Boston Butt,
- c) **Ham,**
- d) Picnic, Belly

481 Kraft paper

- a) **Brown, used for a short period of time**
- b) proportion of lean meat to fat
- c) preservation of a piece of meat short term, not for freezing

Meats

482 Flavor and juiciness two things that marbling adds to the meat Preservation of a piece
of meat proportion of lean meat to fat contains the loin and the 13th rib

483 "Slaughtering a _hog_____ is done by:

- a. Sticking
- b. Scalding
- c. Electric shock**
- d. Skinning
- e. Cut in half up middle

480 Slaughtering a _____ is done by:

- a. Sticking the animal**
- b. Skinning the animal
- c. Removing the guts from the animal
- d. Quartering the animal

These are types of _____. Lemon, Tomato, Vegetables, Papaya "The following are grades for _____.

- 1. less than 1"" of backfat
- 2. 1.00-1.24"" of backfat
- 3. 1.25-1.49"" of backfat
- 4. 1.50"" or greater of backfat"

485 Green meat

- a) meat not yet softened from rigor mortis**
- b) 75% water, 20% protein, 5% fat
- c) similar to steak, but from large fish
- d) fryer/roaster, young tom/hen

486 Storage temp for fresh meat:

- a) 30*-34* F
- b) 150*F
- c) 32*-36* F**
- d) 140* F

488 Light meat qualities

- a) usually fried
- b) 80% water, protein, omega 3 fat, vitamins and minerals thin strips,
- c) Located in breast and wings (less fat, less connective tissue, cooks faster)**
- d) Located in legs and thighs (more fat, more connective tissue, takes longer to cook)

490 How do you cook meat with more connective tissue and less marbling?

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- a) **long, moist heat; low temp.**
- b) quick, dry heat; high temp.
- c) lard, bard, baste
- d) cornish, breese

491 Dark meat qualities

- a) **Located in legs and thighs (and ALL meat in flying birds like geese, duck, etc.),**
- b) contains more fat, more connective tissue,
- c) takes longer to cook
- d) Located in breast and wings (less fat, less connective tissue, cooks faster)
- e) 80% water, protein, omega 3 fat, vitamins and minerals thin strips, usually fried

493 What is a factor affecting deciding what types of meat cuts to buy?

- a) **all of the answers listed**
- b) menu utilization: can you use all parts of the cut?
- c) facilities and equipment: can your kitchen process/refrigerate the meat?
- d) skilled personnel: anyone able to fabricate the meat?

494 Muscle fiber is made out of

- a) **proteins**
- b) fat
- c) fiber
- d) connective tissue

496 What temperature of red meats is considered well done?

- a) 30*-34* F
- b) **160*-170* F**
- c) 140*-145* F
- d) 130* F

498 What is the composition of meat?

- a) **75% water, 20% protein, 5% fat**
- b) 50% water, 30% protein, 20% fat
- c) 60% water, 25% protein, 15% fat
- d) 70% water, 25% protein, 5% fat

499 Which of the following is a way to mechanically break down elastin?

- a) pounding
- b) massage
- c) **all of the answers listed**
- d) grinding

500 How long should you let vacuum packed meats sit after opening?

- a) 30 minutes to 1 hour

Meats

- b) **15-30 minutes**
 - c) 1-2 hours
 - d) 2-3 hours
- 505 How long can vacuum packed/cryovac stored meats be kept?
- a) **2-6 weeks unopened; 2-4 days after opening**
 - b) 2-4 weeks unopened; 2-6 weeks after opening
 - c) 2-8 weeks unopened; 1-3 days after opening
 - d) 2-6 weeks unopened; 2-6 days after opening
- 506 What is the done temperature for rare, red meats?
- a) **130* F**
 - b) 120* F
 - c) 145* F
 - d) 160* F
- 507 What is the done temperature when cooking to "à point" (a-pwant) for white meats?
- a) 160* F
 - b) **140* F**
 - c) 180* F
 - d) 170* F
- 508 What is the done temperature for medium, red meats?
- a) 150*-155* F
 - b) 130*-135* F
 - c) 120*-125* F
 - d) **140*-145* F**
- 509 What is the done temperature for medium/medium well white meats?
- a) 160* F
 - b) **150* F**
 - c) 170* F
 - d) 180* F
- 510 What are leakers?
- a) whole roasts
 - b) cover with a layer of fat (tie on a sheet)
 - c) whole animal minus entrails, head, feet and hide
 - d) **vacuum packed meats that have lost their seal and leaked**
- 511 Broiling time for steaks and chops can vary from the recommended timetables for the following reasons except
- a) **the species of the meat product may be different from that on the label.**
 - b) the temperature of the meat may vary.

Meats

- c) the thickness of the meat may vary.
- d) the distance of the surface of the meat from the heat sources may vary.

512 By law, all ingredients contained in any meat food product must be listed on the label in order by

- a) alphabetical.
- b) digestibility.
- c) protein level.
- d) . weight**

513 Which of the following is a dry heat cooking by grilling?

- a) Boiling
- b) Pan frying
- c) Outdoor cookery**
- d) Microwaving

514 Which factors are required for beef aging?

- a) Controlled temperatures and humidity**
- b) Controlled temperatures and salt
- c) Humidity and smoke
- d) Salt and smoke

515 When calculating nutrient intake Daily Values, what is the usual caloric intake for men?

- a) 3,000 calories
- b) 2,500 calories**
- c) 1,000 calories
- d) 1,500 calories

516 Which tenderizer is most commonly used both commercially and at home?

- a) RACC
- b) Cholesterol
- c) Oxymyoglobin
- d) Papain**

517 Is the digestibility of animal foods greater than vegetable foods?

- a) Yes--Animal foods are 95% digestible**
- b) No--Fruits are more digestible than animal foods
- c) No--Grains are more digestible than animal foods
- d) No--Vegetables are more digestible than animal foods

518 How much do roasts rise in temperature during the standing period?

- a) 10 to 20 degrees F**
- b) 5 to 10 degrees F
- c) 0 degrees F

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d) 1 to 2 degrees F

519 Which of the following is best suited for outdoor grilling?

- a) Top Round roast
- b) Whole lamb leg
- c) Sirloin steak**
- d) Bottom round roast

520 Why would sucrose be used as an additive to a processed meat product?

- a) To accelerate curing
- b) As a preservative**
- c) To enhance flavor
- d) To bind the meat and fat

521 What is the weight of food without the packaging materials?

- a) Packaged weight
- b) Net weight**
- c) Farm weight
- d) Gross weight

522 Which of the following would typically perish faster?

- a) Roasts
- b) Steaks
- c) Chops
- d) Ground meat**

523 Which of the following species normally has the lowest dressing percentage?

- a) beef cattle
- b) dairy cattle**
- c) sheep
- d) swine

524 All of the following are results of freezer burn EXCEPT

- a) Meat becomes more rancid
- b) Meat becomes tasteless when cooked
- c) Meat becomes more palatable**
- d) Meat becomes tougher

526 Which common foodborne infection has an onset time of three to four days and is a result of undercooked meat?

- a) Perfringens
- b) E. coli**
- c) Staphylococcal
- d) Haemophilosis

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- 527 Which of the following is a moist cooking method?
- a) Broiling
 - b) Braising**
 - c) Roasting
 - d) Smoking
- 528 Deep fat frying meat is best completed when the fat is between _____ and _____.
- a) 250oF and 330oF**
 - b) 140oF and 160oF
 - c) 350oF and 360oF
 - d) 300oF and 330oF
- 529 When smoking meats, why is it recommended to use two thermometers?
- a) One to measure air temperature, one to measure internal meat temperature**
 - b) One to measure initial meat temperature, one to measure final meat temperature
 - c) One to measure raw meat, one to measure smoked meat
 - d) It is not recommended to use two thermometers
- 530 What is another name for cold cuts? Luncheon meats Sausage links Chops FSIS
- 531 Which foodborne illness is most directly related to insufficiently cooked or re-heated meat and/or eggs?
- a) Salmonellosis**
 - b) Staphylococcal
 - c) Trichinosis
 - d) E. column
- 532 Which of the following involves exposing food to a source of ionizing energy in order to destroy pathogenic and spoilage bacteria in food?
- a) Micro-gamma
 - b) Irradiation**
 - c) Pasteurization
 - d) Roasting
- 533 Ascorbic Acid is one form of _____ and is used as a curing accelerator in combination with other curing agents to fix color at a faster rate or preserve color during storage.
- a) Vitamin E
 - b) Amino Acid
 - c) Antioxidant**
 - d) Lipids or Fats
- 534 When is a dry cooking method best for meat products?
- a) Less tender cuts
 - b) Higher quality cuts**

Meats

- c) Lower quality cuts
 - d) Cuts with large amounts of connective tissue
- 535 When cooking frozen meat, which of the following modification is required?
- a) Turn the heat higher
 - b) Place meat farther from the heat source**
 - c) Broil steaks and chops one-half times shorter
 - d) Move meat closer to the heat source
- 536 All of the following are processed meats EXCEPT _____.
- a) Fresh sausage
 - b) Cold cuts
 - c) Frankfurters
 - d) Fresh ham slice**
- 537 Which guideline should be followed when handling leftovers?
- a) Maintain free air circulation around containers in the refrigerator**
 - b) Pack containers with leftovers tightly together in the refrigerator
 - c) Place containers against the sides and back of the refrigerator
 - d) Divide food into large containers
- 538 Which of the following is listed as a meat tenderizer?
- a) Corn Syrup
 - b) Bromelain**
 - c) Di-glyceride
 - d) Parsley
- 539 How are phosphates utilized in processed meats?
- a) To maintain color in mixes
 - b) To bind lean and fat for improved product texture
 - c) To create flavor through fermentation
 - d) To increase water holding capacity**
- 540 What are the proper storage temperatures?
- a) Below 60oF for cold products, above 160oF for hot products
 - b) Below 50oF for cold products, above 150oF for hot products
 - c) Below 40oF for cold products, above 140oF for hot products**
 - d) Below 70oF for cold products, above 170oF for hot products
- 541 What is the proper term for: pathogenic bacteria was a food product consumed and made the consumer sick after eating?
- a) Food intoxication
 - b) Food toxicity
 - c) Food infection**

Meats

- d) Food inebriation
- 542 What is used in the meats industry to prevent rancidity?
- a) **Antioxidants**
 - b) Clostridium botulinum
 - c) Phosphates
 - d) Sugar
- 543 Which of the following is NOT a primal cut of pork?
- a) Shoulder
 - b) **Rib**
 - c) Ham/Leg
 - d) Loin
- 544 Which of the following is NOT a significant component of meat?
- a) Fat
 - b) **Hormone**
 - c) Iron
 - d) Protein
- 545 What are two advantages of vacuum packaging meat?
- a) Increased length of time meat can be kept AND increased shrinkage
 - b) **Increased length of time meat can be kept AND decreased shrinkage**
 - c) Decreased length of time meat can be kept AND decreased shrinkage
 - d) Decreased length of time meat can be kept AND increased shrinkage
- 546 What is the grade for "A" maturity beef that has a marbling score of "Small?"
- a) **Low Choice**
 - b) Low Prime
 - c) Low Standard
 - d) Low Select
- 547 Which piece of federal legislation established a single, specific name for each basic retail cut?
- a) Meat Labeling Act (1984)
 - b) **Uniform Retail Meat Identity Standards (1973)**
 - c) The Humane Slaughter Act (1958)
 - d) The Wholesome Meat Act (1967)
- 548 When did the FDA require nutritional labels to include trans-fat content?
- a) **2002**
 - b) 2009
 - c) 1902
 - d) 1985

Meats

549 Which of the following is considered "adulterated" and puts the establishment selling the product at risk of being fined?

- a) Hamburger with less than 30 percent fat
- b) Ground beef with more than 30 percent fat**
- c) Ground beef with frozen chopped beef
- d) Ground beef with less than 30 percent fat

550 Which of the following is TRUE about the relationship between adverse weather conditions and livestock rate of gain?

- a) In very hot weather, animals consume less feed, reducing gain**
- b) In very hot weather, animals consume more feed, increasing gain
- c) In very cold weather, animals consume less feed, increasing gain
- d) In very cold weather, animals consume less feed, reducing gain

551 Which component of meat is responsible for body structure and chemical reactions essential to life?

- a) Water
- b) Protein**
- c) Carbohydrates
- d) Fat

553 Which of the following is a primal cut of beef?

- a) Ham/Leg
- b) Shoulder
- c) Chuck**
- d) Breast

554 Which of the following are synthetic chemicals which shift nutrients away from fat production to the promotions of lean muscle growth?

- a) Beta-agonists**
- b) Gama-hormones
- c) Growth-Promoting Implants
- d) Antibiotics

555 Estradiol, Progesterone and Testosterone are examples of gender-based _____.

- a) Hormones**
- b) Sterols
- c) Antibiotics
- d) Beta-agonists

556 Which of the following involves vacuum packaging meat in moisture-proof vapor film, then refrigerated for various time periods?

- a) Dry aging

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- b) **Wet aging**
 - c) Organic Smoking
- 557 Which of the following contains the fewest calories per ounce?
- a) Swiss cheese
 - b) Peanut butter
 - c) **Lean meat**
 - d) Cheddar cheese
- 558 What are the numerical measurements of the percentage of boneless, closely trimmed retail cuts of a carcass?
- a) Inspections Stamps
 - b) **Yield Grades**
 - c) Maturity Classes
 - d) Quality Grades
- 559 Which component found in meat contains the most energy per gram?
- a) Iron
 - b) Protein
 - c) **Fat**
 - d) Water
- 560 What are used to prevent and treat illness in livestock animals?
- a) Triglycerides
 - b) Beta-agonists
 - c) **Growth-promoting implants**
 - d) **Antibiotics**
- 561 The physiological age of a lamb carcass can be determined by evaluating the joints of the _____ and ribs.
- a) scapula
 - b) hips
 - c) **front shanks**
 - d) back shanks
- 562 When was the first major outbreak of Escherichia coli O157:H7? It was traced to ground beef from a major fast food chain.
- a) 2003
 - b) **1993**
 - c) 2013
 - d) 1983
- 564 According to the Nutritional Labeling & Education Act, all of the following are required on a nutritional label EXCEPT _____.

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- a) Serving size
- b) Recommended Daily Allowance of calories per serving**
- c) Number of calories from total fat and saturated fat
- d) Number of servings per container

565 Which of the following is a voluntary practice which serves as a predictor of palatability?

- a) Quality grading**
- b) Yield grading
- c) Cutability grading
- d) Preliminary Yield Estimation

566 Which is the thin myofilament in the sarcomere?

- a) Bundle
- b) Actin**
- c) Fiber
- d) Myosin

567 Which component of meat is used to synthesize Vitamin D, create hormones, and form bile salts to aid in fat digestion?

- a) Cholesterol**
- b) Copper Folic Acid
- c) Protein