

Indiana FFA Meat Evaluation and Identification Contest
Meat Exam Question Bank

Rancidity is the result of oxidative changes in fat found in foods and can result in

- a. Undesirable off-flavors
- b. Foodborne illness
- c. Unwanted aromas
- d. Loss of nutrients
- e. Only A and C

Foodborne illness is most commonly caused by mishandling food.

- a. True
- b. False

The liver may produce _____ times more cholesterol than a person consumes

- a. 1-2
- b. 2-3
- c. 3-4
- d. None of the above

Processed meats typically have shorter refrigerator storage times than fresh meats.

- a. True
- b. False

B vitamins aid the body in obtaining _____ from food.

- a. Water
- b. Minerals
- c. Energy
- d. Protein

Freezer storage should be at or below

- a. -10°F
- b. 0°F
- c. 10°F
- d. 20°F

Meat will retain its quality best and freeze quickest in a very cold freezer that is kept less than

- a. -10°F
- b. 0°F
- c. 10°F
- d. 20°F

Illness from E.coli infection could be caused by

- a. Undercooked chicken breast
- b. Raw Ribeye steak
- c. Uncooked pork chop
- d. All of the above
- e. Only A and C

Lean meat contains less fat than peanut butter and some cheeses.

- a. True
- b. False

Fresh, uncooked pork can be safely stored in a freezer for

- a. 6 days
- b. 6 weeks
- c. 6 months
- d. 6 years

A potential solution to a freezer not staying at the proper temperature relative to a HACCP plan might be

- a. Installing springs on the door so it automatically closes after each opening
- b. Installing a thermometer and logging the temperature every hour
- c. Both of the above are appropriate
- d. None of the above are appropriate

The minimum internal temperature for ground meats is 160°F, while the surfaces of whole muscle products only need to be cooked to _____.

- a. 130°F
- b. 140°F
- c. 150°F
- d. 160°F

Safe handling instructions are required by the _____ to be on all raw meat and poultry product labels.

- a. USDA
- b. FDA
- c. FDA

b. FSIS

d. FBI

An ounce of meat or poultry contains an average of ____ grams of protein.

a. 3

c. 7

e. 11

b. 5

d. 9

Cholesterol is used to synthesize _____.

a. Essential amino acids

c. B vitamins

b. Essential fatty acids

d. Vitamin D

Fresh, uncooked pork can be stored safely in a refrigerator for ____ days.

a. 1-2

c. 3-4

b. 2-3

d. None of the above

Fat contains ____ kcal/gram of energy.

a. 3

c. 7

e. 11

b. 5

d. 9

Butulism, caused by toxins produced by Clostridium botulinum is fatal in ____ of cases.

a. 50%

c. 30%

e. 10%

b. 40%

d. 20%

Humans can synthesize essential amino acids, thus they are not required from dietary sources.

a. True

b. False

The quickest way to safely defrost meat is

a. In the microwave

c. In a refrigerator

e. On the counter at room temperature

b. In cold water

d. In hot water

The components of meat include

A. Protein

B. Fat

C. Water

D. All of the above

“Safe Handling Instructions” for all types of raw meat and poultry are regulated by

A. USDA

B. FSIS

C. FDA

D. FBI

Food held for more than _____ hours in the temperature danger zone should be discarded.

A. 2

B. 4

C. 6

D. 8

Fat is essential for the absorption of B Vitamins. True or False

Frozen meat must be completely thawed prior to cooking. True or False

Which of the following is one of the most common causes of foodborne illness?

A. Contamination before harvest

- B. Contamination after cooking
- C. Improper handling on the farm
- D. None of the above

Raw meat that has been at room temperature for more than 1 hour should not be consumed or refrozen.

- A. True
- B. False

Protein aids in maintaining blood pH between

- A. 5.35-5.45
- B. 6.35-6.45
- C. 7-35.7-45
- D. 8.35-8.45

When thinking about refrigerator storage times, lower temperatures increase storage time.

- A. True
- B. False

Freezer burn is caused by

- A. Too high storage temperature
- B. Lack of air contacting food
- C. Improperly wrapping food
- D. All of the above

Which of the following is an essential mineral found in meat?

- A. Copper
- B. Calcium
- C. Phosphorus
- D. Only A and C
- E. None of the above

Defrosting meat should be completed

- A. In hot water
- B. On counter at room temperature
- C. On the grill
- D. In a microwave

Which of the following is a way to minimize foodborne bacteria?

- A. Canning
- B. Freezing
- C. Cooking
- D. Acidification
- E. All of the above
- F. None of the above

Which of the following is NOT a commonly known foodborne pathogenic bacteria?

- A. Escherichia coli O157:H7
- B. Campylobacter jejuni
- C. Salmonella spp.
- D. Lactobacillus

The temperature danger zone is between

- A. 4°F and 60°F

- B. 4°F and 140°F
- C. 40°F and 60°F
- D. 40°F and 140°F

Irradiation of food involves exposing food to a source of ionizing energy, which leaves no residue from the process.

- A. True
- B. False

Food Safety is the responsible of

- A. Processors
- B. Producers
- C. Consumers
- D. All of the above

Cholesterol is used to create

- A. Hormones
- B. Amino Acids
- C. Vitamins
- D. Minerals

Which of the following is NOT one of the seven principles of HACCP?

- A. Notify the public when a violation is found
- B. Establish corrective actions
- C. Conduct a hazard analysis
- D. Establish record keeping procedures

Meat is the best source of _____ Iron, which is the most readily absorbed form of Iron.

- A. Heme
- B. Non-heme
- C. Aneme
- D. Red

What does USDA stand for?

- A. United States Department of Agriculture
- B. United States Development of Agriculture
- C. United States Division of Agriculture
- D. Unified System for Development of Agriculture

HACCP stands for

- A. Helping Actions that Correct Critical Problems
- B. Hazard Analysis and Critical Control Points
- C. Helpful Analysis using Crucial Chemistry Procedures
- D. Hazard Actions to Correct Control Points

USDA Inspection is a guide to

- A. Wholesomeness
- B. Cutability
- C. Quantity
- D. Tastiness

Which of the following is used to calculate lamb yield grade?

- A. Percent kidney, pelvic, and heart fat
- B. Hot carcass weight

- C. Ribeye area
- D. All of the above
- E. None of the above

Which variety meat contains the highest level of cholesterol?

- A. Heart
- B. Kidney
- C. Tripe
- D. Liver

Which cooking method would be recommended for a less tender cut of meat?

- A. Broiling
- B. Panfrying
- C. Roasting
- D. Braising

What is the primary purpose of aging meat?

- A. Extend shelf life
- B. Allow growth of beneficial bacteria
- C. Improve color
- D. Develop tenderness and flavor

If a retailer is using uniform meat identity labeling, what three things will be on the package label?

- A. Species, primal cut, retail cut
- B. Species, retail cut, bone structure
- C. Primal cut, wholesale cut, retail cut
- D. None of the above

Which of the following is not a quality grade of beef?

- A. Standard
- B. Prime
- C. Choice
- D. Good

What is the purpose of irradiation?

- A. It destroys harmful bacteria
- B. It helps aid in retaining freshness
- C. Speeds cooking
- D. Both A and B

The FDA uses an acronym GRAS. What does it stand for?

- A. Ground, refrigerated, and sealed
- B. Generally recognized as safe
- C. Graded radiation and seasoning
- D. Grass- like the stuff in your yard

It is best to defrost meats at room temperature.

- A. True
- B. False

Yield grades are an indicator of

- A. Meat tenderness
- B. Palatability of ribeye steaks

- C. Proportion of hide that is unusable
- D. Proportion of saleable retail meat cuts from the carcass
- E. Yield of bone from the carcass

Ground beef cannot legally contain more than what percentage of fat?

- A. 10
- B. 20
- C. 30
- D. 40
- E. 50

PSE as it relates to pork carcasses stands for

- A. Pale Stale Exudative
- B. Pale Soft Exudative
- C. Pork Soft Exudative
- D. Pork Stale Exudative

What is the purpose of adding an antioxidant to processed meat?

- A. Improve flavor
- B. Retard rancidity
- C. Decrease cooking time
- D. Tenderize the meat

The fat covering on a young, grain-fed beef carcass should be

- A. Soft and yellow
- B. Firm and yellow
- C. Firm and creamy white
- D. Soft and reddish white
- E. Soft and creamy white

Which of the following would represent the highest cutability sheep carcass?

- A. Yield Grade 1, Quality Grade Choice
- B. Yield Grade 2, Quality Grade Choice
- C. Yield Grade 3, Quality Grade Prime
- D. Yield Grade 4, Quality Grade Prime

The typically dressing percentage for swine is app.

- A. 42%
- B. 52%
- C. 62%
- D. 72%
- E. 82%

Intramuscular fat, which has a dramatic effect on meat quality is known as

- A. Finishing
- B. Massening
- C. Flecking
- D. Fattening
- E. Marbling

Which of the following is one of the B-vitamins found in meat?

- a. Acetic acid
- b. Ascorbic acid

- c. Riboflavin
- d. All of the above
- e. None of the above

Why is some beef aged?

- a. Aged beef is cheaper
- b. Aged carcasses look better
- c. Aged beef is more tender
- d. Aged beef has less fat
- e. All of the above

The fat present in calves (baby beef) may have a yellow cast due to the ____ from the grass they have eaten.

- a. Carotene
- b. Sodium
- c. Vitamin C
- d. Vitamin
- e. Magnesium

Palatability of the lean includes which of the following characteristics?

- a. Tenderness
- b. Amount of trimmable fat
- c. Cost per pound
- d. Muscle size
- e. None of the above

Which of the following is a USDA Meat Grade for poultry?

- a. Grade C
- b. US No. 1
- c. Prime
- d. Cull
- e. None of the above

The fat covering on a beef carcass should be:

- a. Soft and yellow
- b. Soft and creamy white
- c. Firm and creamy white
- d. Soft and reddish white
- e. Firm and yellow

What are PCBs?

- a. Phenylchloro biphenyls
- b. Phenylchloro butyls
- c. Polychlorinated biphenyls
- d. Polychlorinated bipolar
- e. Pretty cool beef

The following are safe methods of defrosting meat EXCEPT

- a. In cold water
- b. In the microwave oven
- c. In the refrigerator
- d. On the countertop at room temperature
- e. Cook without thawing

Which common food borne bacteria is normally found in animal intestines? It is destroyed by cooking to 160°F.

- a. Campylobacter botulinum
- b. Clostridium perfringens
- c. Escherichia coli
- d. Staphylococcus aureus
- e. Common Cold

Beef carcasses are ribbed for grading between the:

- a. Posterior of the last rib
- b. 12th and 13th ribs
- c. 10th and 11th ribs
- d. At the first lumbar vertebrae
- e. None of the above

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

- a. Aerobic
- b. Anaerobic
- c. Antioxidant
- d. Oxy-Acetylene
- e. None of the above

What is BST?

- a. Best single treatment
- b. Bovine somatoencephalopathy
- c. Bovine somatotropin
- d. Bovine spongiform treatment
- e. None of the above

What is meat from a calf younger than one year of age?

- a. E maturity
- b. Lamb
- c. Ratite
- d. Veal
- e. Mutton

What does the acronym HACCP stand for?

- a. Hazard Analysis Critical Control Point
- b. Hourly Accepted Changes in Concentration of Proteins
- c. Humane Animal Control and Containment Procedure
- d. Herd Animal in Confinement Check Point
- e. None of the above.

Which of the following processed meat products has a characteristic fermented flavor?

- a. Frankfurter
- b. Bologna
- c. Polish Sausage
- d. Sausage
- e. Salami

"B" maturity beef carcasses may come from animals that are in the range of:

- a. 10-20 months of age
- b. 30-40 months of age
- c. 50-60 months of age

- d. 70-80 months of age
- e. 90+ months of age

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

- a. Niacin
- b. Riboflavin
- c. Pantothenic Acid
- d. Folic Acid
- e. Thiamine

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

- a. Deposit
- b. Filtrate
- c. Remainder
- d. Residue
- e. Not Important

Which of the following is required by law for processing plants that offer meat for sale to consumers?

- a. Quality Grading
- b. Yield Grading
- c. Meat Inspection
- d. All of the above
- e. None of the above

Which of the following processed meat products has a characteristic of fermented flavor?

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- b. Sausage
- c. Polish Sausage
- d. Bologna
- e. Salami

Which of the following is used to calculate lamb yield grade?

- a. Percent kidney, pelvic, and heart fat
- b. Ribeye area
- c. Hot carcass weight
- d. All of the above
- e. None of the above

Which of the following would be expected to have the highest cholesterol content?

- a. Lean Pork
- b. Eggs
- c. Lean Beef
- d. Skinned chicken breast
- e. Liver

About how many ounces of cooked lean meat is considered one serving?

- a. 1
- b. 2-3
- c. 8
- d. 4-5
- e. 6

When thawing a frozen turkey at home it is best to:

- a. Set it out at room temperature
- b. Allow enough time to thaw in the refrigerator
- c. Put it in warm water
- d. Cook without thawing
- e. All of the above

Beef carcasses are ribbed for grading between the:

- a. 12th and 13th ribs
- b. 10th and 11th ribs
- c. Posterior of the last rib
- d. At the first lumbar vertebrae
- e. None of the Above

The USDA quality grades for beef give consumers an indication of

- a. Yield of wholesale cuts from the carcass
- b. Meat freshness
- c. Food safety
- d. Palatability of meat cuts
- e. Quality of workmanship of meat cutters

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- c. 30
- d. 40
- e. 50

What does the anagram HACCP stand for?

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- d. Hazard Analysis Critical Control Point
- e. None of the above

Which characteristic is most likely to be associated with an "A" maturity carcass?

- a. Wide, flat ribs
- b. Coarse textured ribeye
- c. Dark red ribeye
- d. No evidence of ossification of the thoracic vertebrae
- e. None of the above

Why is it recommended to cook pork to a higher internal temperature than beef?

- a. It improves flavor
- b. Pork is fatter
- c. Pork is the other white meat
- d. Beef contains more iron
- e. Pork can contain Trichinae

Yield grades are an indicator of:

- a. Meat tenderness
- b. Yield of ribeye steaks

- c. Proportion of untrimmed wholesale cuts from the carcass
- d. Proportion of saleable retail meat cuts from the carcass
- e. Yield of bone from the carcass

Palatability of the lean includes which of the following characteristics?

- a. Cost per pound
- b. Amount of trimmable fat
- c. Muscle size
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- a. US No. 1
- b. Grade C
- c. Prime
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The fat covering on a beef carcass should be:

- a. Soft and yellow
- b. Firm and yellow
- c. Firm and creamy white
- d. Soft and reddish white
- e. Soft and creamy white

Which of the following is NOT used in calculating the beef yield grade?

- a. Cold Carcass Weight
- b. Hot Carcass Weight
- c. Ribeye area at the 12th rib
- d. Percent kidney, heart, and pelvic fat
- e. Fat depth over the ribeye

Which of the following would be most suitable for dry heat cookery?

- a. Beef brisket
- b. Smoked pork hock
- c. Lamb breast meat
- d. Beef ribeye roast
- e. Beef Stew Meat