

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. 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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What does the anagram HACCP stand for?

- a. Humane Animal Control and Containment Procedure
- b. Hourly Accepted Changes in Concentration of Proteins
- c. Herd Animal in Confinement Check Point
- 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?

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- b. Amount of trimmable fat
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- 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