

Meats Eval CDE

25 Questions on the State Meats Evaluation CDE Exam

MULTIPLE CHOICE

1. Meats should be frozen at temperatures of:
- a. 36 degrees F
 - b. 32 degrees F
 - c. 0 degrees F or lower
 - d. 38 degrees F

ANS: C PTS: 1

2. What is meant by “residues” in meat?
- a. Opaque soap scum that remains on the meat after the carcass is rinsed
 - b. Minute amounts on antibiotic, drug, hormone, insecticide, pesticide, or environmental contaminant remaining in meat after slaughter
 - c. Both A&B
 - d. None of the above

ANS: B PTS: 1

3. Sodium nitrite is used in making some processed meats because it _____.
- a. Inhibits the development of botulinum toxin
 - 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 of the above

ANS: D PTS: 1

4. Which statement is not true about food irradiation?
- a. Irradiation destroys harmful bacteria that cause food to spoil or cause human disease.
 - b. Irradiation food keeps longer and in better condition in warehouses and homes.
 - c. Irradiation makes food moderately radioactive.
 - d. The irradiation process involves exposing food to one of the three types of ionizing energy: gamma rays, machine generated electrons, or X-rays.

ANS: C PTS: 1

5. What has the Federal Government set as the maximum fat content for a hotdog?
- a. 10%
 - b. 25%
 - c. 30%
 - d. 5%

ANS: C PTS: 1

6. For the average healthy adult, how much meat should be included in the daily diet?
- a. Two 2-3 ounce servings per day
 - b. Five 4-6 ounce servings per day
 - c. Two 6-8 ounce servings per day
 - d. None

ANS: A PTS: 1

14. What does the term “water added” on a ham label mean?
- a. “Water added” means that 20% or more of the hams weight is due to water added during the curing process.
 - b. “Water added” means that the cured ham returns to within 10% above the original weight of the ham during the curing process.
 - c. “Water added” means that the cured ham returns to it’s original weight during the curing process.
 - d. None of the above.

ANS: B PTS: 1

15. Which of the following statements about cholesterol is NOT true?
- a. Cholesterol is a sterol found in all animal tissue.
 - b. Cholesterol is a saturated animal fat that clogs arteries.
 - c. Cholesterol is used by the body to make bile salts to aid in the digestion of fats.
 - d. Cholesterol is used by the body to make hormones.

ANS: B PTS: 1

16. What are the primary factors for determining the value and general acceptability of a beef carcass?
- a. Cutability and Quality
 - b. Tenderness and Juiciness
 - c. Dressing Percent and Yield
 - d. Dressing Percent and Quality

ANS: A PTS: 1

17. What is the meaning of the term “nutrient dense food”?
- a. Nutrient density compares the amounts of essential nutrients to the amounts of calories a food contains. 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 refers to the toughness or tenderness of pork.
 - d. None of the above.

ANS: A PTS: 1

18. The recommended refrigerator (36-40 degrees F) storage time for a maximum quality for beef porterhouse steaks is:
- a. 1 day
 - b. 5-10 days
 - c. 2 weeks
 - d. 3-4 days

ANS: D PTS: 1

19. Concerning the use of drug and hormones, what is a withdrawal period?
- a. How often the drug or antibiotic can be administered to the animal.
 - b. The total amount of time (number of days) that the animal can take the hormone or antibiotic.
 - c. The length of time before slaughter that the use of a hormone or drug must be discontinued.
 - d. Both B & C.

ANS: C PTS: 1

20. Veal is meat from a calf that is:
- a. 3 months old or younger
 - b. Fed grain for at least 130 days
 - c. Younger than one year of age
 - d. 2 years or older

ANS: C PTS: 1

21. Which of the following statements about fat in the diet is NOT true?
- a. The *Dietary Guidelines for Americans* recommends that we consume no more than 30% of calories from fat.
 - b. The most healthy diet for the average American is one that contains no fat.
 - c. Moderate amounts of fat are essential in the diet so that vitamins A, D, E, and K can be absorbed.
 - d. Fats add flavor and juiciness to meats.

ANS: B PTS: 1

22. What is the major purpose of aging meat?
- a. To lower the incidence of food borne illness.
 - b. To develop additional tenderness and a characteristic flavor.
 - c. Both A & B
 - d. None of the above

ANS: B PTS: 1

23. What is the best source of meat to meet thiamin requirements?
- a. Chicken
 - b. Fish
 - c. Beef
 - d. Pork

ANS: D PTS: 1

24. What is the maximum amount of fat which ground beef can contain?
- a. 10%
 - b. 20%
 - c. 30%
 - d. 40%

ANS: C PTS: 1

25. "Short-fed" refers to cattle that are grain fed for:
- a. 90 to 130 days
 - b. 100 to 150 days
 - c. 180 days
 - d. More than 180 days

ANS: A PTS: 1

26. The USDA inspection process is a guide to:
- a. Quality
 - b. Wholesomeness
 - c. Fat Content
 - d. Marbling
- ANS: B PTS: 1
27. What is the recommended amount of meat to be included in a daily diet?
- a. One 12 oz. serving
 - b. Two 6 oz. servings
 - c. One 8 oz. serving
 - d. Two 2-3 oz. servings
- ANS: D PTS: 1
28. A disease associated with the way pork is cooked is called:
- a. Leptospirosis
 - b. Brucellosis
 - c. Trichinosis
 - d. Vibriosis
- ANS: C PTS: 1
29. 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. Divide the cost per pound by the number of servings you expect to get per pound.
 - c. Multiply the cost per pound by the number of people you plan to serve.
 - d. Divide the cost per pound into the number of pounds you buy.
- ANS: B PTS: 1
30. How can cuts of meat be identified?
- a. Fat content
 - b. Color
 - c. Color, size of cut, and bone structure
 - d. Fat cover
- ANS: C PTS: 1
31. If beef steaks or pork chops are to be broiled, they should be cut:
- a. 3/4 to 1 inch thick
 - b. 3 inches thick
 - c. less than 1/2 inch thick
 - d. None of the above
- ANS: A PTS: 1
32. What are the primary factors for determining the value and general acceptability of a beef carcass?
- a. Tenderness and Juiciness
 - b. Eating Quality and Yield
 - c. Dressing Percent and Yield
 - d. Cutability and Quality
- ANS: B PTS: 1
33. Which statement is not correct about meat fats?
- a. Fat adds flavor and makes meat seem juicy
 - b. Fats help in the absorption of Vitamin A, D, E, and K
 - c. All animal fat is saturated
 - d. Moderate amounts of fat are essential in human diets
- ANS: C PTS: 1

34. What is the correct method for determining when a roast is done?
- a. Cook for 3 hours at 425 degrees
 - b. Cook for 3 hours per pound of meat
 - c. Cook 45 minutes per pound of meat
 - d. Use a roast meat thermometer to determine the internal temperature of the roast

ANS: D PTS: 1

35. Meat is considered a complete protein because it:
- a. Lacks the essential amino acids
 - b. Tastes good
 - c. Supplies all of the essential amino acids
 - d. Provides iron in the diet

ANS: C PTS: 1

36. What is the refrigerator (36-40 degrees F) storage limit for maximum quality bacon?
- a. 2 weeks
 - b. 2 months
 - c. 1 week
 - d. 10 days

ANS: C PTS: 1

37. What is the advantage to the consumer in buying subprimal cuts?
- a. Higher quality
 - b. Identifies the cut of meat
 - c. Identifies the USDA grades
 - d. Usually results in lower cost per serving

ANS: D PTS: 1

38. "Long-Fed" refers to cattle that are grain fed for:
- a. 90 to 130 days
 - b. 10 to 50 days
 - c. 100 days
 - d. More than 130 days

ANS: D PTS: 1

39. What are the factors for determining the value and general acceptability of a beef carcass?
- a. Weight and Taste
 - b. Tenderness and Juiciness
 - c. Eating Quality and Yield
 - d. Dressing Percent and Yield

ANS: C PTS: 1

40. At what temperature range should meat be cooked to best retain moisture?
- a. Low Temperature (below 250°F)
 - b. Moderate Temperature (325°F)
 - c. High Temperature (above 350°F)
 - d. None of the above

ANS: B PTS: 1

41. How can doneness of broiled meats be tested most accurately?
- a. Meat Thermometer
 - b. Taste
 - c. Cut a slit in the center and check color
 - d. Cooking Time

ANS: A PTS: 1

42. What factors are used to determine meat "quality"?
- a. Tenderness, Juiciness, and Flavor
 - b. Color, Fat Content, and Texture
 - c. Cutability and Yield
 - d. None of the above

ANS: A PTS: 1

43. The recommended storage time for quality in a refrigerator for ground beef is:

- a. 3-5 days
- b. 5-10 days
- c. 2 weeks
- d. 1-2 days

ANS: D PTS: 1

44. What is the least desirable method of defrosting meat?

- a. Defrost in the refrigerator
- b. Defrost in the microwave
- c. Cook from a frozen state
- d. Defrosting at room temperature

ANS: D PTS: 1

45. How long should meat be safe in the freezer when the power is off?

- a. 2 hours
- b. 8 hours
- c. 2 days
- d. 1 week

ANS: C PTS: 1