

## FFA Meat Judging Contest Test – 2007 State Contest

Select the most correct answer to the following questions. Please mark your answer directly on your answer sheet, not on this form.

1. What could compromise the safety of food that has been exposed to a fire? (248)
  - a. The heat of the fire
  - b. Toxic smoke fumes
  - c. Chemicals used to fight the fire
  - d. All of the above
  
2. How can you keep food safe when the power is off? (246)
  - a. Put bags of ice in the refrigerator and keep it colder than 50°F.
  - b. Put dry ice in the freezer and keep it colder than 50°F.
  - c. Never eat food from a refrigerator when the power has been off more than 1 hour.
  - d. Regardless of the method, keep meat at 40°F or below to keep it safe.
  
3. Who is responsible for investigating alleged foodborne illness as a result of eating food at a restaurant? (241)
  - a. US Department of Agriculture
  - b. Food Safety Inspection Service
  - c. County or state health department
  - d. FBI
  
4. Which would be expected to be the least vulnerable to foodborne bacteria? (238)
  - a. 70 year old male
  - b. 28 year old pregnant female
  - c. 40 year old cancer patient
  - d. 21 year old baseball player
  
5. What is one of the two foodborne bacteria believed to cause the most common types of foodborne illness? (237)
  - a. *Campylobacter jejuni*
  - b. *Clostridium botulinum*
  - c. *E. coli* O157:H7
  - d. *Yersinia enterocolitica*
  
6. *E. coli* O157:H7, *Listeria monocytogenes*, and *Salmonella enteritidis* have something in common: (237)
  - a. Cooking to a minimum of 140°F kills the bacteria and prevents foodborne illness.
  - b. Cooking to a minimum of 150°F kills the bacteria and prevents foodborne illness.
  - c. Cooking to a minimum of 160°F kills the bacteria and prevents foodborne illness.
  - d. Cooking to 160°F destroys the bacterial cells, but the toxin is resistant to heat.

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7. Why is ground meat more perishable than roasts or steaks? (230)
- Grinding exposes more of the interior of the meat to bacteria which may be on the cut surface.
  - Grinding has nothing to do with the perishability of meat.
  - Grinding releases chemicals from the muscle cells that make the product more perishable.
  - Ground meat is not more perishable than roasts or steaks.
8. What factors would help you judge whether uncooked meat is spoiled? (222)
- A change in the lean color
  - The meat is sticky or tacky to the touch
  - The meat has an off odor
  - All of the above
9. What does a "sell-by" date on a package of fresh or processed meat mean? (209)
- Tells the consumer the date by which it should be used for the best taste and texture.
  - Tells when the product should be used to be safe.
  - Tells the date by which the meat should be sold so that the consumer will have a reasonable time to use it after purchase.
  - Tells the retailers when the product should be removed from the store display.
10. What would be include in the net weight of a package of meat? (211)
- The weight of the food with the packaging materials.
  - The weight of the food without the packaging materials.
  - The expected weight of the food after cooking.
  - The weight of each individual serving in the package.
11. If a USDA Standard beef cut is either mechanically or chemically tenderized, the grade can officially be changed to: (204)
- USDA Select
  - USDA Choice
  - USDA Enhanced
  - Tenderization does not change the USDA grade.
12. A "water added" ham cannot weigh more than \_\_\_\_% above the original weight to be labeled "ham, water added". (191)
- 0%
  - 10%
  - 20%
  - 30%
13. According to section 319.15 of the Code of Federal Regulations, what may not be included in ground beef packaged at USDA inspected plants? (174)
- It shall not contain more than 30% fat and shall not contain added water, phosphates, binders or extenders.
  - It shall not contain more than 20% fat and shall not contain added water, phosphates, binders or extenders.
  - It shall not contain more than 30% fat but may contain added water, phosphates, binders or extenders.
  - It shall not contain more than 20% fat but may contain added water, phosphates, binders or extenders.

14. What is true regarding beef grading by the government (USDA)? (156)
- It is a mandatory system.
  - It is a voluntary system.
  - All beef sold at retail is required to be graded by USDA.
  - All beef sold at foodservice is required to be graded by USDA.
15. Generally, the USDA beef grades for younger carcasses are Prime, Choice, Select and Standard. The remaining grades, applied to older cattle/carcasses are: (157)
- Standard, Utility, Cutter, Canner
  - Commercial, Utility, Cutter, Canner
  - Utility, Cutter, Canner, Cull
  - Thin, Tough, Sorry, Useless
16. What will happen to vacuum packaged beef cuts when the surface is re-exposed to air? (154)
- The cuts will spoil within 24 hr
  - The cuts will always continue to have an unusual off-odor
  - The cut will remain just as it was before the package was opened
  - The cut will change from dark red/purple to its normal bright red color.
17. What is the recommended temperature for freezing and storing (frozen) meat? (263)
- 50°F or lower
  - 0°F or lower
  - 32°F or lower
  - 40°F or lower
18. Which is NOT a recommended safe method for defrosting meat? (275)
- In the kitchen sink
  - In the refrigerator
  - In cold water
  - In the microwave oven
19. Does freezing destroy nutrients in meat and poultry? (283)
- Yes, freezing will reduce the protein value by 20%.
  - Yes, freezing will reduce the protein value by 30%.
  - Yes, freezing will reduce the protein value by 50%.
  - The freezing process is not destructive on nutrients.
20. What does research show concerning high cooking temperatures for meat? (289)
- The higher the cooking temperature the more tender the meat.
  - The higher the cooking temperature the slower the meat cooks.
  - The higher the cooking temperature the greater the shrinkage or cooking loss.
  - Cooking temperature does not affect cooked meat quality.

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21. "Heat from gas flames or electric coils heats only the top of the food.....the food should be turned once for even cooking" describes what method of cooking? (297)
- Braising
  - Broiling
  - Roasting
  - Grilling
22. How can excessive spattering and smoking be avoided when meats are broiled? (301)
- Remove all bones
  - Broil only one muscle at a time
  - Trim excess fat
  - Make sure the initial temperature is as close to freezing as possible.
23. A rack is recommended when roasting meat to: (319)
- Put distinctive grill marks on the product.
  - Maintain the desired cooked meat color.
  - Allow for better circulation of heat for even cooking and true roasting.
  - None of the above.
24. What is the best method for knowing when a roast is done? (328)
- Consult a roasting schedule.
  - Use a meat thermometer to check the internal temperature.
  - Probe with a fork to determine tenderness.
  - When the color reaches a dark brown on the surface.
25. What causes chuck steaks and shoulder chops to buckle or curl when broiled? (388)
- Excessive marbling amounts.
  - Not enough marbling in the cut.
  - Shrinkage of the connective tissue membrane surrounding the muscle.
  - Shrinkage of the muscle tissue away from the bone.