

**Area Meat Judging Contest
Texas A&M University
Questions 1-10**

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

1. Which USDA cutability grade has the highest (most desirable) ratio of lean to fat? (161)
 - a. 1
 - b. 2
 - c. 3
 - d. USDA cutability grades do not predict the lean to fat ratio.

2. What is the cost per serving if a restaurateur bought 20 pounds of ground beef for \$20 and served equal portions to 40 people? (146)
 - a. \$2.00
 - b. \$1.00
 - c. \$.50
 - d. \$.25

3. What is the most correct answer concerning beef with a government grade stamped on it? (156)
 - a. Grading is voluntary, except where local ordinances require it.
 - b. Grading is mandatory, except where local ordinances exempt it.
 - c. Grading is a way to prevent unhealthy meat from entering commerce.
 - d. Grading is mandatory for beef to be sold in Texas.

4. What are all of the USDA meat grades used for beef quality grading? (p. 43)
 - a. Prime, Choice, Good, Standard, Commercial, Utility, Cutter, and Canner.
 - b. Prime, Choice, Select, Standard, Commercial, Utility, Cutter, and Canner.
 - c. Prime, Choice, Good, Standard, and Utility.
 - d. Prime, Choice, Select, and Standard.

5. What factors are considered when determining the quality of lean? (160)
 - a. Carcass maturity
 - b. Amount of marbling
 - c. Color of lean
 - d. All of the above

6. What (approximate) percentage of beef that is graded in the U.S. is Prime? (163)
 - a. 50%
 - b. 20%
 - c. 10%
 - d. 2%

7. Why is identification of bone shape and cut important when buying meat? (169)
 - a. Bone shape and cut are of no consequence.
 - b. Some bones are more valuable than others.
 - c. Bone shape and cut indicate the location on the carcass.
 - d. Bones are an important source of protein in the diet.

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8. What method(s) of cooking are considered dry-heat method(s)? (172)
- Roasting
 - Braising
 - Broiling
 - A and C only
9. Which beef cuts are best suited (recommended) for cooking in liquid (moist heat)? (172)
- Fresh or corned beef brisket, shank cross cuts, stew meat, and variety meats.
 - Roasts from rib, ribeye, tenderloin, rump, sirloin, tri-tip, and ground beef loaf.
 - Steaks, tenderloin, ground beef patties, liver.
 - None of the above
10. What is the most correct answer concerning the difference between ground beef and hamburger? (174)
- Hamburger can contain a higher percentage of fat (greater than 30%).
 - Ground beef cannot be ground at store level.
 - Hamburger may contain added beef fat.
 - Ground beef must be bright red or be considered adulterated.

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Questions 11-20**

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

11. How should a ham that has no labeled cooking instructions be cooked prior to serving? (189)
- All hams are fully cooked, so it is safe to eat as-is.
 - Assume that it is a “cook before eating” type and heat it to an internal temperature of 160°F before eating.
 - Assume that it is a “cook before eating” type and heat it to an internal temperature of 140°F before eating.
 - All hams must have cooking instructions on the label to be legally sold.
12. From what anatomical location does a “picnic ham” come on a pork carcass? (194)
- Ham
 - Loin
 - Shoulder
 - Belly
13. What does electrical stimulation of a carcass do to the meat? (203)
- Improves the tenderness and color of certain meats.
 - Makes meat tougher and darker in color.
 - Electrical stimulation adds more marbling to a carcass.
 - Electrical stimulation of a carcass does nothing for meat quality.
14. What does the net weight of the package include? (211)
- The weight of the edible portion in the package
 - The total weight of the meat and the packaging materials
 - The weight of the meat less the bone
 - The weight of the food without the packaging materials
15. What is the best example of cross contamination? (213)
- Raw beef that is 14 days old.
 - Raw beef steaks touching raw ground beef.
 - Properly cooked chicken touching properly cooked beef.
 - Raw chicken touching properly fried chicken.
16. Why is ground beef more perishable than roasts or steaks? (230)
- Ground beef is leaner than most roasts or steaks
 - Roasts and steaks are more susceptible to bacterial contamination
 - Grinding exposes more of the interior to bacteria, which may be on the surface
 - There is no difference in ground beef and roasts and steaks.
17. Who are the least vulnerable to foodborne bacteria? (238)
- Senior citizens
 - Pregnant women
 - Very young children
 - Males aged 20-30 years old

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18. What is NOT a recommended method for safely defrosting meat? (275)
- In the refrigerator
 - In cold water
 - In the microwave oven
 - On the kitchen counter
19. Why should meat be allowed to “stand” (immediately after removal from the heat) before it is carved? (333)
- A standing period of 15 – 20 minutes after cooking makes meat firmer and easier to carve.
 - A standing period of 15 – 20 minutes after cooking allows the meat to cool down.
 - A standing period of 30 – 45 minutes allows guests time to view what they will be eating.
 - A standing period of 30 – 45 will allow for a desirable amount of drip loss to occur.
20. What would the internal temperature of a beef rib roast be when cooked to a medium degree of doneness? (p. 72)
- 140°F
 - 150°F
 - 160°F
 - 170°F