

**State FFA Meat Judging Contest
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. When buying boneless, uncooked meat, how much meat should be allowed for a 3 oz. cooked serving? (147)
 - a. 1/4 to 1/3 pound per serving
 - b. 1/3 to 1/2 pound per serving
 - c. 1/2 to 3/4 pound per serving
 - d. 3/4 to 1 pound per serving

2. What will happen to vacuum packaged beef cuts when the surface is re-exposed to air? (154)
 - a. The cuts will always spoil within 24 hr
 - b. The cuts will always continue to have an unusual off-odor
 - c. The cuts will remain just as it was before the package was opened
 - d. The cut will change from dark red/purple to its normal bright red color.

3. What is the only grade of poultry you are likely to see in retail stores? (159)
 - a. Choice
 - b. No. 1
 - c. A
 - d. Select

4. How does the lean-to-fat ration in ground beef affect the price? (178)
 - a. The price will not change with less lean and more fat.
 - b. The price will be lower with less lean and more fat.
 - c. The price will be higher with less lean and more fat.
 - d. None of the above.

5. If a package is labeled ground turkey, it contains: (181)
 - a. Only the white meat.
 - b. Only the leg meat with it's skin.
 - c. Both light and dark meat but no skin.
 - d. All the meat on the turkey carcass plus the skin covering it.

6. If a pork ham is labeled "cook before eating," how much more cooking is recommended before serving? (188)
 - a. Surface temperature of 140°F
 - b. Internal temperature of 150°F
 - c. Internal temperature of 160°F
 - d. Surface temperature of 160°F

Continued on the Back of This Page

7. What is a way in which meat can be tenderized? (203 and 201)
- Pinning or needling
 - Electrical stimulation
 - Chemical
 - All of the above
8. What is the term to describe when raw meat, poultry or fish or their juices touch cooked foods? (213)
- Cross contamination
 - Rehydration
 - Added flavorings
 - Dirty meat
9. What is the recommended minimum (Hot) and maximum (Cold) temperatures recommended for holding (keeping) foods? (227)
- Hot: 180°F and above; Cold: 30°F and below
 - Hot: 140°F and above; Cold: 40°F and below
 - Hot: 120°F and above; Cold: 50°F and below
 - No specific recommendations are needed
10. What foodborne bacteria can cause a possible complication called hemolytic uremic syndrome (HUS), a serious kidney disease that is a leading cause of acute kidney failure in children? (237)
- Clostridium botulinum*
 - Campylobacter jejuni*
 - E. coli* O157:H7
 - Staphylococcus aureus*

State FFA Meat Judging Contest

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. Why is ground meat more perishable than roasts or steaks? (230)
- There is no difference between ground meat and roasts or steaks.
 - Grinding exposes more of the interior meat to bacteria which may have been on the surface.
 - Grinding mixes the fat with the lean.
 - Grinding kills bacteria due to warming during the grinding process.
12. Trichinae, although rarely present, are killed in fresh pork by cooking to a minimum internal temperature of: (232)
- 120°F
 - 130°F
 - 140°F
 - 180°F
13. What is the recommended freezer (0°F) storage times for beef roasts? (266)
- 6 to 9 months
 - 9 to 12 months
 - 12 to 18 months
 - 18 to 48 months
14. What is “freezer burn”? (268)
- A condition that occurs to meat in a freezer that has lost power.
 - A condition that causes meat to “cook” in the freezer.
 - Moisturizing of the surface tissues of food during freezer storage.
 - Drying out of the surface tissues of food during freezer storage.
15. What is the least desirable, most unsafe way to defrost meat? (275)
- Ambient (room) temperature
 - In the refrigerator
 - In cold water
 - In a microwave oven
16. Fast cooking of meat to high temperatures tends to: (289)
- Make meat juicier
 - Allow for more uniform cooking
 - Tenderize meat
 - Toughen meat

Continued on the Back of This Page

17. What is meant by the term broiling and what is a cut most likely to be cooked in this manner? (172 and 297)
- A dry heat cooking method; example cut - seven bone roast
 - A dry heat cooking method; example cut - porterhouse steak
 - A dry heat cooking method; example cut - bottom round steak
 - None of the above
18. Generally, the USDA beef grades for younger carcasses are Prime, Choice, Select and Standard. The remaining grades, applied to other cattle/carcasses are: (p. 43)
- Standard, Utility, Cutter, Canner
 - Commercial, Utility, Cutter, Canner
 - Utility, Cutter, Canner, Cull
 - Thin, Tough, Sorry, Useless
19. What does the term roasting mean and what equipment is recommended? (317)
- Meat is cooked in an oven with added water - use a deep roasting pan.
 - Meat is cooked in an oven with added water - use a shallow roasting pan with a rack.
 - Meat is cooked in an oven without adding water - use a shallow roasting pan with a rack.
 - Meat is cooked in a microwave oven with added water - use a shallow metal roasting pan with a rack.
20. To what internal temperature should lamb be roasted to achieve a medium degree of doneness?(407)
- 145°F
 - 160°F
 - 170°F
 - 220°F