**meats**

**MULTIPLE CHOICE**

1. What are the recommended preventative measures to avoid Perfringens food infection?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Canning at 176°F | c. | Cooking pork to at least 137°F |
| b. | Cooking ground meat to an internal temperature of 140°F | d. | Prompt refrigeration and proper sanitation |

ANS: D PTS: 1

2. Cold cuts contain only meat unless stated on the label.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Cured | c. | Skeletal |
| b. | Fresh | d. | Smoked |

ANS: C PTS: 1

3. Which of the following is food intoxication?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Pathogenic bacteria grew in the food, produced a toxin and made the consumer sick after eating. | c. | Pathogenic bacteria was in a food product consumed and made the consumer sick after eating. |
| b. | Pathogenic bacteria was eaten by the consumer who then became sick. | d. | Pathogenic bacteria was treated by a toxin that made the consumer sick. |

ANS: A PTS: 1

4. Freezer storage can result in all of the following EXCEPT

|  |  |  |  |
| --- | --- | --- | --- |
| a. | A deterioration of meat quality | c. | Oxidative changes in the meat |
| b. | An improved quality grade | d. | Oxidative changes in the meat |

ANS: B PTS: 1

5. Safety guidelines indicate that cooked leftovers should be used within days.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 4 | c. | 8 |
| b. | 6 | d. | 14 |

ANS: A PTS: 1

6. What are CCPs?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Combustible Creation Points | c. | Critical Control Points |
| b. | Crisis Causing Products | d. | Cross Contamination Products |

ANS: C PTS: 1

7. Which cooking method involves completely covering the meat with liquid and cooking extensively?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Braising | c. | Stewing |
| b. | Roasting | d. | Stir Frying |

ANS: C PTS: 1

8. What are compounds which absorb oxygen, reducing or preventing the oxidation of food?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Aerobics | c. | Antioxidants |
| b. | Anaerobics | d. | Tenderizers |

ANS: C PTS: 1

9. It is recommended to let meat sit for at least three minutes after removing from heat to allow temperature to rest and prevent loss.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Blood | c. | Juice |
| b. | Heat | d. | Nutrient |

ANS: C PTS: 1

10. Which meat cookery method is best recommended for large cuts?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Deep fat frying | c. | Roasting |
| b. | Pan frying | d. | Stir frying |

ANS: C PTS: 1

11. After a power outage, how long is meat safe in a freezer?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 2 hours maximum | c. | 2 days if the freezer is mostly empty |
| b. | 2 days if the freezer is full | d. | 5 days if the door remains closed |

ANS: B PTS: 1

12. Generally, moist cooking methods should be used on the following meat cuts.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Ground products | c. | Less tender cuts |
| b. | Higher quality cuts | d. | More tender cuts |

ANS: C PTS: 1

13. Where in the refrigerator should ground beef be safely stored?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | On the bottom shelf in a cardboard container. | c. | On the top shelf in a cardboard container. |
| b. | On the bottom shelf in a plastic bag. | d. | On the top shelf in a plastic bag. |

ANS: B PTS: 1

14. Which of the following are also known as luncheon meats?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Canned Cuts | c. | Core Cuts |
| b. | Cold Cuts | d. | Corned Cuts |

ANS: B PTS: 1

15. Which of the following is listed as a meat tenderizer?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Bromelain | c. | Diglyceride |
| b. | Corn Syrup | d. | Parsley |

ANS: A PTS: 1

16. Safe handling instructions with meat are regulated by

|  |  |  |  |
| --- | --- | --- | --- |
| a. | EPA | c. | FSIS |
| b. | FFA | d. | OSHA |

ANS: C PTS: 1

17. Deep fat frying meat is best completed when the fat is between and

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 140°F and 160°F | c. | 300°F and 330°F |
| b. | 250°F and 260°F | d. | 350°F and 360°F |

ANS: D PTS: 1

18. What is the minimum recommended internal cooking temperature for ground meats?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 130 F | c. | 145 F |
| b. | 140 F | d. | 160 |

ANS: D PTS: 1

19. What are the functions of nitrite in processed meats

|  |  |
| --- | --- |
| a. | contributes to the characteristic flavor and texture of processed meat products |
| b. | corrects and preserves meat color |
| c. | inhibits the growth of Clostridium botulinum |
| d. | All are correct |

ANS: D PTS: 1

20. Growth promoting implants are NOT approved for use in which species?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Swine | c. | Sheep |
| b. | Cattle | d. | Approved for all the above |

ANS: A PTS: 1

21. Which of the following determines the regulatory standard for ham, i.e., Ham, Ham, water added, Ham with natural juices, etc.?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | The amount of added water | c. | The weight of the ham |
| b. | Protein Fat-Free | d. | All the above |

ANS: B PTS: 1

22. Which live age separates lamb from mutton? (slide 88)

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 6 months | c. | 1 year |
| b. | 9 months | d. | 2 years |

ANS: C PTS: 1

23. Dietary fat is essential for absorption of which of the following vitamins?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Vitamin A | c. | Vitamin C |
| b. | Vitamin B | d. | None are correct |

ANS: A PTS: 1

24. What is the basic muscle contractile unit?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Sarcomere | c. | Sarcolemma |
| b. | Sarcoplasm | d. | Sarcophile |

ANS: A PTS: 1

25. Which of the following is NOT a primal cut in pork?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Shoulder | c. | Loin |
| b. | Rib | d. | Leg |

ANS: B PTS: 1

26. What was the name of the book written by Upton Sinclair which brought attention to the conditions in meat processing plants, and eventually led to the Meat Inspection Act of 1906.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | The Forest | c. | Where the Red Fern Grows |
| b. | The Jungle | d. | Old Yeller |

ANS: B PTS: 1

27. Which of the following is NOT required on a meat label by the FSIS?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Establishment number | c. | Price per lb. |
| b. | Inspection mark | d. | Handling instructions |

ANS: C PTS: 1

28. A product labeled organic is most likely to be which of the following?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Healthier | c. | More humane |
| b. | Safer | d. | More expensive |

ANS: D PTS: 1

29. What is an essential amino acid?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | An amino acid our bodies need more of than others | c. | An amino acid that makes us sick |
| b. | An amino acid that is hard to find in nature | d. | An amino acid that cannot be produced by the human body |

ANS: D PTS: 1

30. Yield grading is a measure of what?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Quality | c. | Cleanliness |
| b. | Cutability | d. | Safety |

ANS: B PTS: 1

31. Vegetarians are typically challenged maintaining sufficient levels of all but which of the following?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Amino acids | c. | Zinc |
| b. | Iron | d. | Cholesterol |

ANS: D PTS: 1

32. In 1993, a major E. coli O157:H7 outbreak led to the industry wide testing for this organism in ground beef. Which fast food chain was this outbreak linked to?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | McDonald s | c. | Wendy s |
| b. | Jack in the Box | d. | Burger King |

ANS: B PTS: 1

33. Which of the following does NOT contribute to beef quality grade?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Color | c. | Firmness |
| b. | Maturity | d. | External fat |

ANS: D PTS: 1

34. On a beef carcass with A maturity which of the following marbling scores would result in a grade of Standard ?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Small | c. | Traces |
| b. | Slight | d. | None are correct |

ANS: C PTS: 1

35. Which of the following is a USDA Quality grade of lamb?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Select | c. | Standard |
| b. | Good | d. | Commercial |

ANS: B PTS: 1

36. Which of the following has the longest refrigerated shelf life?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Bacon | c. | Hot Dogs |
| b. | Corned Beef | d. | Summer Sausage |

ANS: D PTS: 1

37. Which is NOT a recommended way to defrost meat?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Microwave oven | c. | Cold water |
| b. | On the kitchen counter | d. | Refrigerator |

ANS: B PTS: 1

38. Which is the quickest recommended method for defrosting meat?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Microwave oven | c. | Cold water |
| b. | On the kitchen counter | d. | Refrigerator |

ANS: A PTS: 1

39. When cooking meat, which measurement should be monitored for food safety?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Cooking Temperature | c. | Surface temperature of the meat |
| b. | Internal temperature of the meat | d. | Outside Temperature |

ANS: B PTS: 1

40. Prior to 2011, why was fresh meat required to have nutritional info on the label?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | It is inspected by USDA, not FDA | c. | It is a single ingredient food |
| b. | Meat labeling laws pre-date the Nutritional Labeling Act | d. | It does not have the required nutrients |

ANS: C PTS: 1

41. Although a rare steak is 125 F, what is the USDA recommended internal temperature of whole muscle products?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 130 F | c. | 145 F |
| b. | 140 F | d. | 160 F |

ANS: C PTS: 1

42. Which is NOT a function of cholesterol in the body?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Transport nutrients | c. | Form bile salts to digest fats |
| b. | Create hormones | d. | Facilitate nerve transmission |

ANS: A PTS: 1

43. Which of the following was NOT one of the four main impacts of the Meat Inspection Act of 1906?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Antemortem inspection of livestock before slaughter | c. | Sanitary conditions of all meat processing facilities |
| b. | Postmortem inspection of every carcass | d. | Authorized the Food and Drug Administration (FDA) to monitor and inspect harvesting and processing operations |

ANS: D PTS: 1

44. Dry cooking methods should be used for \_\_\_\_\_\_cuts of meat, while moist cooking methods should be used for \_\_\_\_\_cuts of meat.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Tough, tender | c. | Tender, tough |
| b. | Tough, tough | d. | Tender, tender |

ANS: C PTS: 1

45. If a frankfurter contains 25% added water, how much fat may it contain?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 5% | c. | 15% |
| b. | 10% | d. | 30% |

ANS: C PTS: 1

46. Which of the following are NOT exceptions to the Humane Methods of Slaughter Act?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Organic | c. | Halal |
| b. | Kosher | d. | All choices are exceptions |

ANS: A PTS: 1

47. Food safety is the responsibility of \_\_\_\_\_\_\_\_.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Consumer | c. | Processor |
| b. | Producer | d. | All are correct |

ANS: D PTS: 1

48. What is the danger zone?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 60 F to 160 F | c. | 40 F to 160 F |
| b. | 40 F to 140 F | d. | 60 F to 140 F |

ANS: B PTS: 1

49. Which of the following is not considered a vulnerable group to foodborne illness?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Senior citizens | c. | High school students |
| b. | Pregnant women | d. | Immuno-compromised |

ANS: C PTS: 1

50. Which foodborne illness can be fatal, but is prevented using nitrites?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | E. coli | c. | Trichinosis |
| b. | Botulism | d. | Listeriosis |

ANS: B PTS: 1

51. What is the order if ingredients listed on a processed meats label?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | By weight in decreasing order | c. | By weight in increasing order |
| b. | Alphabetical | d. | By order of incorporation into brine |

ANS: A PTS: 1

52. Which agency does NOT monitor drug residues in livestock?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | USDA | c. | FDA |
| b. | CDC | d. | EPA |

ANS: B PTS: 1

53. Which is not an antioxidant used to prevent rancidity in meat?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | BHA | c. | Vitamin C |
| b. | BHT | d. | Vitamin A |

ANS: D PTS: 1

54. What is the prescribed period the meat animal must not have received any compound or drug pre-harvest? This will allow ample time for the drug to pass through the animal s system.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Residual Period | c. | Processing Period |
| b. | Withdrawal Period | d. | Adulteration Period |

ANS: B PTS: 1

55. Which species is NOT included in the Humane Slaughter Act?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | cattle | c. | Mules |
| b. | Horses | d. | Bison |

ANS: D PTS: 1

56. Which of the following programs is NOT voluntary for meat plants?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Uniform Retail Meat Identity Standards | c. | USDA Quality Grading |
| b. | Packers and Stockyards act | d. | All are voluntary. |

ANS: B PTS: 1

57. Why are non-ambulatory or “downer” cattle not allowed to be harvested for consumption?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Humane handling concerns | c. | Microbial food safety concerns |
| b. | Lack of equipment to move animals | d. | Bovine Spongiform Encephalopathy |

ANS: D PTS: 1

58. Hams are classified into regulatory labeling standards using which parameter?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Protein Fat-Free (PFF) | c. | Percent Lean Meat (PLM) |
| b. | Fat-Free Lean (FFL) | d. | Total Fat Percent (TFP) |

ANS: A PTS: 1

59. What is the recommended minimum internal temperature for ground beef?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 130 F | c. | 145 F |
| b. | 140 F | d. | 160 F |

ANS: D PTS: 1

60. While trichinosis is extremely rare in the U.S., what is the minimum internal temperature required to kill Trichinella spiralis parasite in pork?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 145 F | c. | 165 F |
| b. | 160 F | d. | 180 F |

ANS: A PTS: 1

61. Which foodborne bacteria can have its growth inhibited or prevented using nitrite in meats?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | E. coli | c. | Clostridium botulinum |
| b. | Salmonella | d. | Listeria monocytogenes |

ANS: C PTS: 1

62. What is the order if ingredients listed on a processed meats label?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | By weight in decreasing order | c. | By weight in increasing order |
| b. | Alphabetical | d. | By order of incorporation into brine |

ANS: A PTS: 1

63. What type of meat is defined by the USDA as the edible muscle tissue of an animal attached to the bone?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Organ meat | c. | Skeletal meat |
| b. | Smooth muscle | d. | Nervous tissue |

ANS: C PTS: 1

64. Why are antioxidants used in processed meat products?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | To prevent rancidity | c. | To increase fat content |
| b. | To reduce fat content | d. | To bind water |

ANS: A PTS: 1

65. What are bacteria used for fermentation to create flavor and impart certain properties in processed meats?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Competitive inhibitors of foodborne pathogens | c. | Starter Cultures |
| b. | Environmental bacterial load | d. | None are correct |

ANS: C PTS: 1

66. What are the functions of nitrite in processed meats.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | contributes to the characteristic flavor and texture of processed meat products | c. | inhibits the growth of Clostridium botulinum |
| b. | corrects and preserves meat color | d. | All are correct |

ANS: A PTS: 1

67. What additive retards mold growth in dry sausages?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Potassium Sorbate | c. | Spices |
| b. | Water | d. | Sodium Chloride |

ANS: A PTS: 1

68. What additive increases water holding capacity of the processed meat product, resulting in a juicier final product?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Phosphate | c. | Water |
| b. | Sugar | d. | Spices |

ANS: A PTS: 1

69. This book was written by Upton Sinclair to expose the conditions of immigrant meat plant workers in Chicago but brought attention to the conditions in meat processing plants.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Socialist | c. | Silent Spring |
| b. | The Meat Inspection Act | d. | The Jungle |

ANS: D PTS: 1

70. In an A maturity beef carcass, a Traces marbling score will result in a quality grade of \_\_\_\_\_\_\_\_\_\_.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Standard + | c. | Choice - |
| b. | Select + | d. | Prime o |

ANS: A PTS: 1

71. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ gave the Secretary of Agriculture and the USDA authorization to regulate livestock marketing and meat packing.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Packers and Stockyards Act | c. | Pure Food and Drug Act |
| b. | Meat Inspection Act | d. | Delaney Clause |

ANS: A PTS: 1

72. Which of the following information is NOT required on a nutritional label?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Serving size | c. | Calories per container |
| b. | Ingredients containing GMOs | d. | Amount of total fat |

ANS: B PTS: 1

73. Water is withheld from animals for \_\_\_\_\_\_\_\_\_ hours prior to slaughter.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 1 | c. | 48 |
| b. | 12 | d. | Water is not withheld prior to slaughter |

ANS: D PTS: 1

74. Fat is essential for the absorption of fat-soluble vitamins. What are the four fat soluble vitamins?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | A, B, C, D | c. | B, C, D, K |
| b. | A, D, E, K | d. | A, B-6, B-12, K |

ANS: B PTS: 1

75. Meat from a sheep more than one year of age is known as \_\_\_\_\_\_\_\_\_.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Lamb | c. | Mutton |
| b. | Venison | d. | Chevon |

ANS: C PTS: 1

76. What is the time of onset for E. coli as a common foodborne illness?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 12-24 hours | c. | 3-4 days |
| b. | 20-24 hours | d. | 10 days |

ANS: A PTS: 1

77. Which common foodborne illness is associated with canned meats and seafood as well as smoked and processed meat. Possible fatalities are associated with nausea, vomiting, fatigue, dizziness and headache.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Trichinosis | c. | E. coli |
| b. | Botulism | d. | *Staphylococcal aureus* |

ANS: B PTS: 1

78. Which process of enhancing food safety does not alter the freshness or nutritional content, can be performed on fresh meats or processed meats, and does not result in radioactive food?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Pasteurization | c. | Acidification |
| b. | Freezing | d. | Irradiation |

ANS: D PTS: 1

79. Which is not an antioxidant used to prevent rancidity in meat?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | BHA | c. | Vitamin C |
| b. | BHT | d. | Vitamin A |

ANS: D PTS: 1

80. \_\_\_\_\_\_\_\_ is the method of cookery that involves completely covering the meat with liquid and cooking extensively.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Pot Roasting | c. | Stir Frying |
| b. | Stewing | d. | Pan Broiling |

ANS: B PTS: 1

81. Beef maturity classifications range from birth to several years of age. Which is defined as cattle/bovine with a live weight less than 700 lbs., strictly fed milk and grass and may have a yellow fat color?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Short-Fed Beef | c. | Baby Beef |
| b. | Long-Fed Beef | d. | Stag |

ANS: C PTS: 1

82. When labeling meat, which is not a requirement?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Product name | c. | Handling instructions |
| b. | Net weight statement | d. | All are correct |

ANS: A PTS: 1

83. What chemical compound in the body’s system is used to synthesize Vitamin D, create hormones, and form bile salts to aid in digestion of fats?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Cholesterol | c. | Bromelain |
| b. | Protein | d. | Lecithin |

ANS: A PTS: 1

84. What is the prescribed period of time the meat animal must not have received any compound or drug pre-harvest? This will allow ample time for the drug to pass through the animal’s system.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Residual Period | c. | Processing Period |
| b. | Withdrawal Period | d. | Adulteration Period |

ANS: B PTS: 1

85. Ascorbic acid is used as an antioxidant in processed meats. Ascorbic acid is also known as\_\_\_\_\_\_\_\_\_\_\_?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | STPP | c. | Curing agent |
| b. | Vitamin C | d. | Curing accelerator |

ANS: B PTS: 1

86. A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is defined as any substance with the intended use of which results in it becoming a component or otherwise affecting the characteristics of any food.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Antimicrobial | c. | Letter of assurance |
| b. | Food additive | d. | Processing aid |

ANS: B PTS: 1

87. Finished frankfurters shall not contain more than \_\_\_\_\_\_\_\_\_\_\_% fat.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 30 | c. | 40 |
| b. | 25 | d. | 15 |

ANS: A PTS: 1

88. BHA and BHT are examples of which class of food additives or ingredients?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Acidifiers | c. | Curing agents |
| b. | Antioxidants | d. | Peeling modifiers |

ANS: B PTS: 1

89. When the color of a processed meat is fixed, it is also referred to as?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Frozen | c. | Blanched |
| b. | Cooked | d. | Cured |

ANS: D PTS: 1

90. Sodium chloride is used in the manufacturing of which portion of cured and processed products?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 15% | c. | 75% |
| b. | 40% | d. | Nearly all |

ANS: D PTS: 1

91. Proper freezing of meat should be at a temperature at or below

|  |  |  |  |
| --- | --- | --- | --- |
| a. | -10 degrees Fahrenheit | c. | 0 degrees Centigrade |
| b. | 0 degrees Celsius | d. | 32 degrees Fahrenheit |

ANS: A PTS: 1

92. Select the preferred method to thaw (defrost) frozen meat.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Submersing in warm water | c. | In a refrigerator |
| b. | On a windowsill | d. | In a bowl on the kitchen counter |

ANS: C PTS: 1

93. It is better and safer to handle leftover meats by

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Refrigerating quickly and letting the product cool at a fast rate | c. | Discarding any leftovers |
| b. | Refrigerating slowly and letting the product cool at a slow rate | d. | Feeding them to pets |

ANS: A PTS: 1

94. When freezing cooked meat, the packaging used should

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Be solid and prevent light from contacting the surface of the meat | c. | Allow moisture to penetrate and come in contact with the surface of the meat |
| b. | Be tightly attached to the surface of the meat to prevent moisture loss | d. | Be clear or transparent to allow light to contact the surface of the meat |

ANS: B PTS: 1

95. Which method of defrosting or thawing frozen meat will result in the greatest loss of juiciness?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Submersing in warm water | c. | In a refrigerator |
| b. | Microwaving | d. | In a bowl on the kitchen counter |

ANS: B PTS: 1

96. Which practice is NOT listed on the USDA-FSIS Safe Handling Instructions?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Keep refrigerated or frozen | c. | Thaw in a refrigerator or microwave |
| b. | Wash raw meat before cooking | d. | Cook thoroughly |

ANS: B PTS: 1

97. Growth promoting implants are permitted to be used in

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Turkeys | c. | Swine |
| b. | Cattle | d. | Chickens |

ANS: B PTS: 1

98. Which of the following nutrients is NOT a major component of fresh meat?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Water | c. | Protein |
| b. | Carbohydrates | d. | Fat |

ANS: B PTS: 1

99. Muscles are comprised of thousands of basic muscle contractile units known as

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Sarcomeres | c. | Molecules |
| b. | Carbohydrates | d. | Fibers |

ANS: A PTS: 1

100. Which Government agency requires and oversees meat labeling?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Livestock and Poultry Program (L&P) | c. | Food and Drug Administration (FDA) |
| b. | Meat Grading and Certification (AMS) | d. | Food Safety and Inspection Service (FSIS) |

ANS: D PTS: 1

101. Which of the following is NOT considered a primal of the beef carcasses?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Side/Belly | c. | Chuck |
| b. | Loin | d. | Flank |

ANS: A PTS: 1

102. Which of the following is NOT a primal cut of pork?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Ham/Leg | c. | Rib |
| b. | Loin | d. | Shoulder |

ANS: C PTS: 1

103. Which of the following is NOT a significant component of meat?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Hormone | c. | Iron |
| b. | Fat | d. | Protein |

ANS: A PTS: 1

104. What are two advantages of vacuum packaging meat?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Decreased length of time meat can be kept AND decreased shrinkage | c. | Increased length of time meat can be kept AND decreased shrinkage |
| b. | Decreased length of time meat can be kept AND increased shrinkage | d. | Increased length of time meat can be kept AND increased shrinkage |

ANS: C PTS: 1

105. What is the grade for A maturity beef that has a marbling score of Small?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Low Standard | c. | Low Choice |
| b. | Low Select | d. | Low Prime |

ANS: C PTS: 1

106. Which piece of federal legislation established a single, specific name for each basic retail cut?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Meat Labeling Act (1984) | c. | The Wholesome Meat Act (1967) |
| b. | The Humane Slaughter Act (1958) | d. | Uniform Retail Meat Identity Standards (1973) |

ANS: D PTS: 1

107. When did the FDA require nutritional labels to include trans-fat content?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 1902 | c. | 2002 |
| b. | 1985 | d. | 2009 |

ANS: C PTS: 1

108. Which of the following is considered adulterated and puts the establishment selling the product at risk of being fined?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Ground beef with frozen chopped beef | c. | Ground beef with more than 30 percent fat |
| b. | Ground beef with less than 30 percent fat | d. | Hamburger with less than 30 percent fat |

ANS: C PTS: 1

109. Which of the following is TRUE about the relationship between adverse weather conditions and livestock rate of gain?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | In very cold weather, animals consume less feed, increasing gain. | c. | In very hot weather, animals consume less feed, reducing gain. |
| b. | In very cold weather, animals consume less feed, reducing gain. | d. | In very hot weather, animals consume more feed, increasing gain. |

ANS: C PTS: 1

110. Which component of meat is responsible for body structure and chemical reactions essential to life?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Carbohydrates | c. | Protein |
| b. | Fat | d. | Water |

ANS: C PTS: 1

111. Which of the following is a process of identifying possible sources of food adulteration during processing? It must be in place in all federal and state meat processing facilities.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | AMS | c. | NASA |
| b. | HACCP | d. | OSHE |

ANS: B PTS: 1

112. Which of the following is a primal cut of beef?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Breast | c. | Ham/Leg |
| b. | Chuck | d. | Shoulder |

ANS: B PTS: 1

113. Which of the following are synthetic chemicals which shift nutrients away from fat production to the promotions of lean muscle growth?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Antibiotics | c. | Gama-hormones |
| b. | Beta-agonists | d. | Growth-Promoting Implants |

ANS: B PTS: 1

114. Estradiol, Progesterone, and Testosterone are examples of gender based \_\_\_\_\_\_.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Antibiotics | c. | Hormones |
| b. | Beta-agonists | d. | Sterols |

ANS: C PTS: 1

115. Which of the following involves vacuum packaging meat in moisture-proof vapor film, then refrigerated for various time periods?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Dry aging | c. | Smoking |
| b. | Organic | d. | Wet aging |

ANS: D PTS: 1

116. Which of the following contains the fewest calories per ounce?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Cheddar cheese | c. | Peanut butter |
| b. | Lean meat | d. | Swiss cheese |

ANS: B PTS: 1

117. What are the numerical measurements of the percentage of boneless, closely trimmed retail cuts of a carcass?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Inspections Stamps | c. | Quality Grades |
| b. | Maturity Classes | d. | Yield Grades |

ANS: C PTS: 1

118. Which component found in meat contains the most energy per gram?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Fat | c. | Protein |
| b. | Iron | d. | Water |

ANS: A PTS: 1

119. What are used to prevent and treat illness in livestock animals?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Antibiotics | c. | Growth-promoting implants |
| b. | Beta-agonists | d. | Triglycerides |

ANS: A PTS: 1

120. The physiological age of a lamb carcass can be determined by evaluating the joints of the

and ribs.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Back shanks | c. | Hips |
| b. | Front shanks | d. | Scapula |

ANS: B PTS: 1

121. When was the first major outbreak of Escherichia coli 0157:H7? It was traced to ground beef from a major fast-food chain.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 1983 | c. | 2003 |
| b. | 1993 | d. | 2013 |

ANS: B PTS: 1

122. In the United States, growth-promoting implants are approved for use in

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Cattle and sheep | c. | Poultry |
| b. | Cattle and Swine | d. | Sheep and Swine |

ANS: A PTS: 1

123. According to the Nutritional Labeling & Education Act, all of the following are required on a nutritional label EXCEPT

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Number of calories from total fat and saturated fat | c. | Recommended Daily Allowance of calories per serving |
| b. | Number of servings per container | d. | Serving size |

ANS: C PTS: 1

124. Which of the following is a voluntary practice which serves as a predictor of palatability?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Cutability grading | c. | Quality grading |
| b. | Preliminary Yield Estimation | d. | Yield grading |

ANS: C PTS: 1

125. Which is the thin myofilament in the sarcomere?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Actin | c. | Fiber |
| b. | Bundle | d. | Myosin |

ANS: A PTS: 1

126. Which component of meat is used to synthesize vitamin D, create hormones, and form bile salts to aid in fat digestion?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Cholesterol | c. | Folic Acid |
| b. | Copper | d. | Protein |

ANS: A PTS: 1

127. Meats should be frozen at temperatures of:

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 36 degrees F | c. | 0 degrees F or lower |
| b. | 32 degrees F | d. | 38 degrees F |

ANS: C PTS: 1

128. What is meant by residues in meat?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Opaque soap scum that remains on the meat after the carcass is rinsed | c. | Small amounts of opaque soap scum, antibiotic, drug, hormone, insecticide, pesticide, or environmental contaminant remaining in meat after slaughter |
| b. | Minute amounts on antibiotic, drug, hormone, insecticide, pesticide, or environmental contaminant remaining in meat after slaughter | d. | None are correct |

ANS: B PTS: 1

129. Sodium nitrite is used in making some processed meats because it \_\_\_\_\_\_\_.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Inhibits the development of botulinum toxin | c. | Fixes the meat color |
| b. | Is a curing agent that contributes to the characteristic flavor and texture of bacon, ham, and sausage products | d. | All are correct |

ANS: D PTS: 1

130. Which statement is not true about food irradiation?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Irradiation destroys harmful bacteria that cause food to spoil or cause human disease. | c. | Irradiation makes food moderately radioactive. |
| b. | Irradiation food keeps longer and in better condition in warehouses and homes. | 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

131. What has the Federal Government set as the maximum fat content for a hotdog?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 10% | c. | 30% |
| b. | 25% | d. | 5% |

ANS: C PTS: 1

132. For the average healthy adult, how much meat should be included in the daily diet?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Two 2-3 ounce servings per day | c. | Two 6-8 ounce servings per day |
| b. | Five 4-6 ounce servings per day | d. | None |

ANS: A PTS: 1

133. For safety, best flavor, texture, and juiciness; cook pork to an internal temperature of \_\_\_\_\_\_\_.

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 110 degrees F | c. | 145 degrees F |
| b. | 130 degrees F | d. | 212 degrees F |

ANS: C PTS: 1

134. What is the meaning of cutability of a carcass?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Cutability refers to the tenderness of the retail cuts from a carcass and is measured by shear force values. | c. | Cutability refers to yield of lean meat in a carcass. |
| b. | Cutability is an estimate of the overall palatability (flavor, tenderness, and juiciness) of retail cuts from a carcass. | d. | All are correct |

ANS: C PTS: 1

135. Which of the following statements about tenderization is false?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Electrical stimulation improves the tenderness of certain meats. | c. | Tenderization does not affect the keeping quality of meat. |
| b. | Natural food enzymes like papaya and pineapple are the source of most meat tenderizers. | d. | The use of tenderizers can improve the quality grade of meat. |

ANS: D PTS: 1

136. What factors determine the quality grade of beef carcass?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Maturity of the carcass | c. | Color, firmness, and texture of the lean |
| b. | Marbling | d. | All of the above |

ANS: D PTS: 1

137. The USDA meat grades for young pork are:

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Prime, Choice, and Select | c. | Grade A, Grade B, and Grade C |
| b. | US No.1, US No.2, and US No.3 | d. | Prime, Choice, and Standard |

ANS: B PTS: 1

138. What is an antioxidant?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Naturally occurring hormones added to animal feed to increase feed efficiency. | c. | Additive used in processed meats to make the product more tender. |
| b. | Substance used to retard rancidity of food due to exposure to oxygen. | d. | Additive used in processed meats as curing accelerator. |

ANS: B PTS: 1

139. What USDA grades of beef are generally found in the grocery store?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Prime and Standard | c. | Cutter and Canner |
| b. | Choice and Select | d. | Select and Standard |

ANS: B PTS: 1

140. 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. | c. | Water added means that the cured ham returns to its original weight 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. | d. | None are correct |

ANS: B PTS: 1

141. Which of the following statements about cholesterol is NOT true?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Cholesterol is a sterol found in all animal tissue. | c. | Cholesterol is used by the body to make bile salts to aid in the digestion of fats. |
| b. | Cholesterol is a saturated animal fat that clogs arteries. | d. | Cholesterol is used by the body to make hormones. |

ANS: B PTS: 1

142. 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. | c. | Nutrient density refers to the toughness or tenderness of pork. |
| 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. | d. | None of the above. |

ANS: A PTS: 1

143. The recommended refrigerator (36-40 degrees F) storage time for a maximum quality for beef porterhouse steaks is:

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 1 day | c. | 2 weeks |
| b. | 5-10 days | d. | 3-4 days |

ANS: D PTS: 1

144. 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. | c. | The length of time before slaughter that the use of a hormone or drug must be discontinued. |
| b. | The total amount of time (number of days) that the animal can take the hormone or antibiotic. | d. | The total amount of time (number of days) that the animal can take the hormone or antibiotic and the length of time before slaughter that the use of a hormone or drug must be discontinued. |

ANS: C PTS: 1

145. Veal is meat from a calf that is:

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 3 months old or younger | c. | Younger than one year of age |
| b. | Fed grain for at least 130 days | d. | 2 years or older |

ANS: C PTS: 1

146. 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. | c. | Moderate amounts of fat are essential in the diet so that vitamins A, D, E, and K can be absorbed. |
| b. | The healthiest diet for the average American is one that contains no fat. | d. | Fats add flavor and juiciness to meats. |

ANS: B PTS: 1

147. What is the major purpose of aging meat?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | To lower the incidence of food borne illness. | c. | To lower the incidence of food borne illness and to develop additional tenderness and a characteristic flavor. |
| b. | To develop additional tenderness and a characteristic flavor. | d. | None are correct |

ANS: B PTS: 1

148. What is the best source of meat to meet thiamin requirements?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Chicken | c. | Beef |
| b. | Fish | d. | Pork |

ANS: D PTS: 1

149. What is the maximum amount of fat which ground beef can contain?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 10% | c. | 30% |
| b. | 20% | d. | 40% |

ANS: C PTS: 1

150. Short fed refers to cattle that are grain fed for:

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 90 to 130 days | c. | 180 days |
| b. | 100 to 150 days | d. | More than 180 days |

ANS: A PTS: 1

151. The USDA inspection process is a guide to:

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Quality | c. | Fat Content |
| b. | Wholesomeness | d. | Marbling |

ANS: B PTS: 1

152. What is the recommended amount of meat to be included in a daily diet?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | One 12 oz. serving | c. | One 8 oz. serving |
| b. | Two 6 oz. servings | d. | Two 2-3 oz. servings |

ANS: D PTS: 1

153. A disease associated with the way pork is cooked is called:

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Leptospirosis | c. | Trichinosis |
| b. | Brucellosis | d. | Vibriosis |

ANS: C PTS: 1

154. 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. | c. | Multiply the cost per pound by the number of people you plan to serve. |
| b. | Divide the cost per pound by the number of servings you expect to get per pound. | d. | Divide the cost per pound into the number of pounds you buy. |

ANS: B PTS: 1

155. How can cuts of meat be identified?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Fat content | c. | Color, size of cut, and bone structure |
| b. | Color | d. | Fat cover |

ANS: C PTS: 1

156. If beef steaks or pork chops are to be broiled, they should be cut:

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 3/4 to 1 inch thick | c. | less than 1/2 inch thick |
| b. | 3 inches thick | d. | None of the above |

ANS: A PTS: 1

157. Which statement is not correct about meat fats?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Fat adds flavor and makes meat seem juicy | c. | All animal fat is saturated |
| b. | Fats help in the absorption of Vitamin A, D, E, and K | d. | Moderate amounts of fat are essential in human diets |

ANS: C PTS: 1

158. What is the correct method for determining when a roast is done?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Cook for 3 hours at 425 degrees | c. | Cook 45 minutes per pound of meat |
| b. | Cook for 3 hours per pound of meat | d. | Use a roast meat thermometer to determine the internal temperature of the roast |

ANS: D PTS: 1

159. Meat is considered a complete protein because it:

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Lacks the essential amino acids | c. | Supplies all of the essential amino acids |
| b. | Tastes good | d. | Provides iron in the diet |

ANS: C PTS: 1

160. What is the refrigerator (36-40 degrees F) storage limit for maximum quality bacon?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 2 weeks | c. | 1 week |
| b. | 2 months | d. | 10 days |

ANS: C PTS: 1

161. What is the advantage to the consumer in buying subprime cuts?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Higher quality | c. | Identifies the USDA grades |
| b. | Identifies the cut of meat | d. | Usually results in lower cost per serving |

ANS: D PTS: 1

162. Long-Fed refers to cattle that are grain fed for:

|  |  |  |  |
| --- | --- | --- | --- |
| a. | 90 to 130 days | c. | 100 days |
| b. | 10 to 50 days | d. | More than 130 days |

ANS: D PTS: 1

163. At what temperature range should meat be cooked to best retain moisture?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Low Temperature (below 250°F) | c. | High Temperature (above 350°F) |
| b. | Moderate Temperature (325°F) | d. | None of the above |

ANS: B PTS: 1

164. How can doneness of broiled meats be tested most accurately?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Meat Thermometer | c. | Cut a slit in the center and check color |
| b. | Taste | d. | Cooking Time |

ANS: A PTS: 1

165. What factors are used to determine meat quality?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Tenderness, Juiciness, and Flavor | c. | Cutability and Yield |
| b. | Color, Fat Content, and Texture | d. | None of the above |

ANS: A PTS: 1

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

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

ANS: D PTS: 1

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

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

ANS: D PTS: 1

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

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

ANS: C PTS: 1

169. Which of the following is a primal cut of pork?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Breast | c. | Rib |
| b. | Loin | d. | Round |

ANS: B PTS: 1

170. What do the letters HACCP represent?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Hazard Analysis Classification Control Point | c. | Holistic Analysis Critical Control Processes |
| b. | Hazard Analysis Critical Control Point | d. | Humane Analysis Classification Control Procedures |

ANS: B PTS: 1

171. Which of the following is true of ground beef and hamburger?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Hamburger can contain added water, ground beef cannot. | c. | Neither can contain seasoning. |
| b. | Neither can contain binders. | d. | Unadulterated ground beef contains less than 30% fat, hamburger contains more. |

ANS: B PTS: 1

172. Which of the following is a natural hormone found in growth-promoting implants?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | antibiotic | c. | trenbolone acetate |
| b. | progesterone | d. | zeranol |

ANS: B PTS: 1

173. Which product date designates the best taste and texture for the product?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Best if Used By | c. | Store By |
| b. | Sell by Date | d. | Use By |

ANS: A PTS: 1

174. Which of the following is the thick myofilament in the sarcomere?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Actin | c. | Minimere |
| b. | Bundle | d. | Myosin |

ANS: D PTS: 1

175. Which of the following specifies that meat be held for ten days to six weeks at 34°F to 38°F in a humidity-controlled cooler?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Brine aging | c. | Smoking |
| b. | Dry aging | d. | Wet aging |

ANS: B PTS: 1

176. What are compounds that absorb oxygen, reducing or preventing the oxidation of food?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Aerobics | c. | Antioxidants |
| b. | Anaerobics | d. | Tenderizers |

ANS: C PTS: 1

177. Which of the following is true about lamb and mutton?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Lamb has a more intense flavor than mutton. | c. | Mutton is more tender than lamb. |
| b. | Lamb meat is from a sheep older than one year of age. | d. | Mutton is preferred by some cultures because it has a more intense flavor than lamb. |

ANS: D PTS: 1

178. Which method of slaughter, meat processing and handling follow Jewish dietary laws?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Halal | c. | Kosher |
| b. | Kindred | d. | Permitted |

ANS: C PTS: 1

179. For a maturity score A beef carcass to make quality grade Choice-, the marbling score should be .

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Moderate 0-100 | c. | Slightly Abundant0-100 |
| b. | Modest0-100 | d. | Small0-100 |

ANS: D PTS: 1

180. Which of the following is the causative agent that involves raw and/or undercooked meat and exhibits symptoms of abdominal cramps, diarrhea, nausea, and vomiting?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | *Escherichia coli* | c. | *Phenylketonuria* |
| b. | *Lymphoma* | d. | *Triglyceride* |

ANS: A PTS: 1

181. Most of the beef in U.S. grocery stores is USDA .

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Choice | c. | Select |
| b. | Prime | d. | Standard |

ANS: C PTS: 1

182. Which of the following is added to processed meat products to prevent the growth of

Clostridium botulinum?

|  |  |  |  |
| --- | --- | --- | --- |
| a. | NaCl | c. | NaNO2 |
| b. | NaCO | d. | NASSP |

ANS: C PTS: 1

183. Which of the following is NOT one of the seven principles of HACCP? (slide 177)

|  |  |  |  |
| --- | --- | --- | --- |
| a. | Conduct a hazard analysis | c. | Approve paperwork through USDA inspector |
| b. | Identify critical control points | d. | Establish critical limits |

ANS: C PTS: 1