

2012 Virginia Tech Block and Bridle Meats Judging Contest
4-H & FFA Junior Exam

Contestant Number _____ Name _____

- ____ 1 Who brought the first longhorn cattle into the Americas in the 1490's?
a. Europeans b. Spaniards c. Portuguese d. English
- ____ 2. Aging of meat requires strict control of which factor(s)?
a. temperature b. acidity c. quality d. all of the above
- ____ 3. USDA Beef Quality grades include all of the following except:
a. Choice b. Prime c. Good d. Utility
- ____ 4. An ounce of meat or poultry contains how many grams of protein on average?
a. 7g b. 12g c. 5g d. 2g
- ____ 5 The "Plate" is a Primal cut in Beef and Lamb.
a. True b. False
- ____ 6. Kosher meats are handled according to which religious standards?
a. Catholic b. Islamic c. Jewish d. all of the above
- ____ 7. Which area on a steer is a growth promotant given in?
a. Neck b. Hip c. Tail Head d. Ear
- ____ 8. What do you call the contractile unit of a muscle?
a. Sarcomere b. Fat c. Actin d. Myofilament.
- ____ 9. Whose responsibility is food safety?
a. Producers
b. Processors
c. Consumers
d. All of the above
- ____ 10. Carbon dioxide gas is an approved stunning method.
a. True b. False
- ____ 11. What was established in 1906 to prevent the alteration and misbranding of meat products?
a. The Meat Production Document
b. The Meat Act
c. The Meat Inspection Agency
d. The Meat Inspection Act
- ____ 12. Which nutrient aids in the ease of hide removal and evisceration?
a. Minerals b. Carbohydrates c. Water d. Lipids
- ____ 13. Partially frozen meat will not require a longer cooking time than room temperature meat.
a. True b. False
- ____ 14. Which cooking method is classified as a dry-cookery method?
a. Braising
b. Stewing
c. Roasting
d. All of the Above

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- ___ 15. Which of the following nutrients are found in meat?
a. Protein
b. Carbohydrates
c. B-Vitamins
d. A&C
- ___ 16. The fat content in frankfurters may not exceed 50% by weight.
a. True b. False
- ___ 17. The age of a lamb is determined by evaluating what specific joint?
a. spool b. needle c. hip d. knee
- ___ 18. What percent water (H₂O) is in the human body?
a. 80% b. 95% c. 60% d. 70%
- ___ 19. What three natural forms are triglycerides found in?
a. Monophosphate, saturated, polyunsaturated
b. Monounsaturated, saturated, polyphosphate
c. Monophosphate, phosphate, polyunsaturated
d. Monounsaturated, saturated, polyunsaturated
- ___ 20. Which of the following is not a fat soluble vitamin?
a. A b. B
c. D d. E
- ___ 21. This type of packaging causes fresh meat to appear dark until exposed to air?
a. Modified Atmosphere Packaging
b. Overwrap
c. Vacuum Packaging
d. Butcher Paper
- ___ 22. Which of the following is not a safe handling instruction for food?
a. Keep refrigerated or frozen
b. Cook thoroughly
c. Cut raw meat and poultry on the same cutting board
d. Refrigerate leftovers immediately
- ___ 23. What common food-borne illness is characterized by an unknown onset time?
a. Staphylococcal
b. Clostridium Perfringens
c. Botulism
d. Listeriosis
- ___ 24. What is "any substance with the intended use of which results in its becoming a component or otherwise affecting the characteristics of any food"?
a. Substitute b. Food Additive c. Hydrolyzed Meat d. Antioxidant
- ___ 25. Ground Beef that has been refrigerated should be used within two days.
a. True b. False