

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

\*\*\*Don't forget to use a #2 Pencil!\*\*\*

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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 (H<sub>2</sub>O) 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