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

Contestant Number_________________________________ Name_________________________________

___1. Lean meats contain more fat than:
   a. Peanut Butter
   b. Cheddar Cheese
   c. Chocolate Cake
   d. None of the above

___2. Dry aging meat is held for ten days to six weeks in a humidity controlled cooler.
   a. True b. False

___3. What common mix of gasses are used in modified atmosphere packaging?
   a. 80% Oxygen, 20% CO₂
   b. 60% Oxygen, 40% CO₂
   c. 80% Nitrogen, 20% CO₂
   d. 60% Nitrogen, 40% CO₂

___4. Fresh, uncooked retail pork product can be stored up to how many days?
   a. 1-4 days       b. 2-3 days  c. 3-5 days   d. 7 days

___5. Myosin is the only contractile protein in muscles.
   a. True b. False

___6. A minimum internal temperature of 140°F indicates that a beef roast is:
   a. Rare  b. Medium Rare  c. Medium  d. Well Done

___7. What common food-borne illness is characterized by an onset of 2-28 days and the causative agent is a
   nematode worm?
   a. Listeriosis   b. E-coli c. Salmonellosis d. Trichinosis

___8. What is the temperature danger zone?
   a. 10°F-100°F  b. 32°F-212°F  c. 40°F-140°F  d. 40°F-90°F

___9. Processed Meat labeling must be approved by which government agency?
   a. USDA b. FSIS c. FSA  d. EPA

___10. What type of Dry-Cookery is recommended for large cuts of meat?

___11. What act gave the secretary of agriculture and USDA authorization to regulate livestock marketing and
      meat packing?
    a. Humane Slaughter Act
    b. Wholesome Meat Act
    c. Pure Food and Drug Act
    d. Packers and Stockyards Act

___12. Beef harvested for export to Japan must be under how many months of age?
    a. 9 months        b. 12 months     c. 24 months       d. 18 months

***Don’t forget to use a #2 Pencil!***
13. Protein maintains blood neutrality of pH 7.0-7.35.
   a. True  b. False

14. What are food-borne illnesses most commonly caused by?
   a. Temperature Abuse
   b. Cross-Contamination
   c. Improper Handling Procedures
   d. All of the above

15. What is the result of oxidative changes in fat found in foods and can result in undesirable off-flavors?
   a. dehydration  b. rancidity  c. air proof wrapping  d. freezer burn

16. What are the bacteria used in fermentation to create flavor and impart certain properties in processed meats called?
   a. Meat tenderizers
   b. Synthetic flavoring
   c. Starter cultures
   d. Lecithin

17. HACCP was first implemented by which company in the 1950's?
   a. Pillsbury Company
   b. Natures Valley
   c. Kraft
   d. McDonalds

18. Which of the following is a Beta-Agonist used to shift nutrients from fat to lean muscle growth?
   a. Paylean
   b. Zilmax
   c. Optaflexx
   d. All of the above

19. Who prompted the Meat Inspection Act with the publishing of The Jungle?
   a. Upton Sinclair
   b. Brian Rebrush
   c. Joseph Martin
   d. Fredrick Beaumont

20. What substance is used to prevent rancidity in meat?
   a. Food Additives
   b. Antioxidants
   c. Flavoring
   d. Potassium Sorbate

21. What meat type is defined by the USDA as “the muscle tissue of an animal attached to the bone”?
   a. Shoulder
   b. Rack
   c. Brisket
   d. All of the above

22. Freezer storage should be at or below what temperature?
   a. 0°C
   b. 32°C
   c. -18°C
   d. -10°C

23. Which amino acid found in meat is essential for children, but not adults?
   a. Histidine
   b. Phenylalanine
   c. Valine
   d. Arginine

24. Halal slaughter is an exception to The Wholesome Meat Act.
   a. True
   b. False

25. The meats inspection act prevents the adulteration and misbranding of meat products.
   a. True
   b. False

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