

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?
a. Stir frying b. Pan Boiling c. Roasting d. Grilling
- ____ 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!

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

- ___ 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

Don't forget to use a #2 Pencil!