

2014 Virginia Tech Block and Bridle Meats Judging Contest
4-H & FFA Senior Exam

Contestant Number _____ Name _____

Choose the best answer for each of the following questions. Fill in answers on scantron form.

- ____ 1. True or False: Residue Levels are the amount of drug, antibiotic, or hormone that is left in a product After the animal is slaughtered.
A. True B. False
- ____ 2. How many essential amino acids does meat contain
A. 3 B. 5 C. 7 D. 9
- ____ 3. True or False: Our bodies synthesize essential amino acids so there is no need for them to be consumed through dietary sources.
A. True B. False
- ____ 4. The fat found in Beef, Pork, and Veal is less than what percent saturated?
A. 25 B. 50 C. 60 D. 75
- ____ 5. What is the largest factor of Quality Grade of a beef carcass?
A. KPH B. Rib Eye Area C. Back Fat D. Maturity
- ____ 6. What illness led to regulations concerning non-ambulatory (downer) cattle harvest?
A. BSE B. BST C. SBT D. SEB
- ____ 7. True or False: Lean Meat contains less calories than some fruits and vegetables.
A. True B. False
- ____ 8. On average how many calories does 3 ounces of lean meat contain?
A. 400 B. 300 C. 100 D. 200
- ____ 9. According to the USDA if ground beef or hamburger contains more than _____% fat it is considered "adulterated"?
A. 60 B. 40 C. 50 D. 30
- ____ 10. What are the two myofilaments that make up the sarcomere portion of the muscle?
A. Mysin and Arginine B. Actin and Myosin C. Myofilament A and B D. Muscles and Tendons
- ____ 11. True or False: In general, tenderness increases the further away from the center of the carcass.
A. True B. False
- ____ 12. Which of the following is NOT a common retail packaging method?
A. Overwrap
B. Modified Atmosphere Packaging
C. Vacuum Packing
D. Modified Live Packing

2014 Virginia Tech Block and Bridle Meats Judging Contest
4-H & FFA Senior Exam

Contestant Number _____ Name _____

- ____ 13. Labeling is required for all meat products. What does "Use by" mean when seen on a label?
- A. Should be used by this date for best taste and texture
 - B. Food Product should be sold by this date
 - C. The consumer has a reasonable time after purchase for use
 - D. Denotes the date the product should be used by and still be considered safe
- ____ 14. Which species is typically aged for longest amount of time?
- A. Beef
 - B. Sheep
 - C. Swine
 - D. Goat
- ____ 15. True or False: Dry aging is when meat is held for 10 days to 6 weeks at 34 degrees to 38 degrees in a humidity controlled cooler and not packaged.
- A. True
 - B. False
- ____ 16. What is the dehydration of the surface tissues of food resulting in tougher or rancid meat?
- A. Refrigeration issues
 - B. Danger Zone
 - C. Short-term freezing
 - D. Freezer Burn
- ____ 17. How long is meat considered safe in the freezer when there is a power outage?
- A. 1 day
 - B. 10-12 hours
 - C. 2 days
 - D. 36 hours
- ____ 18. What is the recommended length of time that fresh uncooked pork be left in a refrigerator?
- A. 3-4 days
 - B. 1-2 days
 - C. 3-5 days
 - D. 2-3 days
- ____ 19. Which of the following is not a recommended way for defrosting meat?
- A. Microwave Oven
 - B. In cold water
 - C. In a refrigerator
 - D. Leave in open air
- ____ 20. What type of harvest inspection is implemented on a state and federal level, excluding religious harvest?
- A. Antemortem
 - B. Postmortem
 - C. Harvest is not inspected
 - D. Both A and B
- ____ 21. What is the minimal internal temperature, in degrees Fahrenheit, for properly cooked ground lamb and beef?
- A. 160
 - B. 140
 - C. 120
 - D. 155
- ____ 22. Which of the following is NOT a dry cooking method?
- A. Grilling
 - B. Braising
 - C. Roasting
 - D. Smoking
- ____ 23. Which of the following is not a location that you would examine to determine the amount of fat on a lamb carcass
- A. Flank
 - B. Internal Fat Covering
 - C. Neck
 - D. External Fat Covering
- ____ 24. Which of the following is a high risk foodborne bacteria in ready to eat products such as jerky and snack sticks?
- A. Trichinosis
 - B. Listeriosis
 - C. Salmonellosis
 - D. Staphylococcus food infection
- ____ 25. Which of the following is not an essential mineral found in meat?
- A. Zinc
 - B. Copper
 - C. Selenium
 - D. Chloride

Don't forget to use a #2 Pencil!