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

***Don’t forget to use a #2 Pencil***
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***