

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**

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- \_\_\_ 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 considered safe by and still be
- \_\_\_ 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!\*\*\*