

2015 Virginia Tech Block and Bridle Meats Judging Contest
4-H & FFA Junior Exam

Contestant Number _____ Name _____

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

- ____ 1. Where in cattle and sheep are growth promoting implants placed?
A. Neck B. Muscle **C. Ear** D. Implants are not used in cattle and sheep
- ____ 2. True or false? Irradiation makes food radioactive.
A. True **B. False**
- ____ 3. Which of these is a quality grade in sheep, but not in cattle?
A. **Good** B. Choice C. Prime D. Utility
- ____ 4. Which is not a primal cut in beef?
A. Loin **B. Shoulder** C. Chuck D. Rib
- ____ 5. True or false? Freezer burn can be caused by improperly wrapped foods.
A. **True** B. False
- ____ 6. Which is the fastest method of defrosting meat?
A. Refrigerator B. Cold water **C. Microwave** D. They all take the same time
- ____ 7. Which nutrient aids in hide removal and evisceration?
A. Carbohydrates B. Fats **C. Water** D. Vitamins
- ____ 8. Which of these is not a fat soluble vitamin?
A. Vitamin A **B. Vitamin B** C. Vitamin D D. Vitamin K
- ____ 9. Which type of packaging causes meat to appear dark until it is exposed to air?
A. Overwrap B. Modified Atmosphere C. Retail **D. Vacuum**
- ____ 10. What condition is caused by a deficiency of iron in the blood?
A. **Anemia** B. Goiter C. Rickets D. Scurvy
- ____ 11. Which cooking method is recommended for large cuts of meat?
A. Braising B. Grilling **C. Roasting** D. Stir Frying
- ____ 12. Which method of stunning is approved by the Humane Methods of Slaughter Act?
A. Captive bolt B. Electric shock C. Carbon dioxide gas **D. All of these are OK**
- ____ 13. Frankfurters cannot exceed what percent fat by weight?
A. 5% B. 10% **C. 30%** D. 45%

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- ___ 14. Which group of people are more vulnerable to food-borne illness than the general population?
A. **Elderly people** B. Adult Males C. Vegetarians D. Athletes
- ___ 15. Which organization must approve antibiotics for their intended use before they can be used in livestock?
A. **FDA** B. EPA C. USDA D. CAB
- ___ 16. What percent of beef carcasses in the United States grades Prime?
A. **2%** B. 7% C. 15% D. 30%
- ___ 17. How long will meat be safe in a freezer at full capacity if there is a power outage?
A. 6 hours B. 18 hours **C. 2 days** D. 5 days
- ___ 18. What should the internal temperature after cooking of ground meats to be considered safe?
A. 120°F B. 145°F **C. 160°F** D. 175°F
- ___ 19. What color is associated with high quality fresh beef?
A. Dark red **B. Cherry red** C. Pinkish-grey D. Bright pink
- ___ 20. What is defined by the USDA as “the edible muscle tissue of an animal attached to the bone?”
A. **Skeletal meat** B. Ground meat C. Bone-in cuts D. Processed meats
- ___ 21. Which amino acid is considered essential in children but not in adults?
A. Lysine B. Histidine C. Methionine **D. Arginine**
- ___ 22. Which method of cooking is used for more tender, higher quality cuts and ground products?
A. **Dry** B. Moist
- ___ 23. How long can fresh pork be safely stored in a refrigerator?
A. 1-2 days **B. 2-3 days** C. 4-5 days D. 1 week
- ___ 24. What determines whether a sheep carcass is lamb or mutton?
A. Amount of fat B. Size of carcass **C. Break or spool joint** D. Degree of muscling
- ___ 25. True or false? Both natural and synthetic flavorings are used in some meat products.
A. **True** B. False