

2015 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. Growth-promoting implants are not used in which species?
A. Cattle **B. Swine** C. Sheep D. They are used in all of these species
- ____ 2. Which of the following is considered a wet cooking method?
A. Broiling B. Grilling C. Deep fat frying **D. Stewing**
- ____ 3. What is added to some meat products to prevent the growth of *Clostridium botulinum*?
A. Ascorbic acid **B. Sodium nitrite** C. Potassium sorbate D. Lecithin
- ____ 4. If a steer has been fed in a feedlot for 120 days, what maturity classification would he fall in?
A. Long fed **B. Short fed** C. Choice D. Maturity score D
- ____ 5. What is cholesterol used for in the body?
A. Synthesize vitamin D B. Create hormones C. Form bile salts **D. All of the above**
- ____ 6. What percent of lambs in the United States grade Choice or higher?
A. **90%** B. 55% C. 20% D. 2%
- ____ 7. How long should meat be allowed to rest after removing from heat to reduce juice loss while slicing?
A. 30 seconds B. 1 minute **C. 3 minutes** D. 30 minutes
- ____ 8. Federal and state inspection marks on meat are an indicator of what?
A. **Wholesomeness** B. High quality C. Nutritional value D. Organic meat
- ____ 9. What is yield grade a measurement of?
A. %BCTRC B. Cutability C. Maturity **D. Both A and B**
- ____ 10. How long can fresh, uncooked beef be safely stored in a refrigerator?
A. 1-2 days **B. 3-4 days** C. 5-6 days D. 8-10 days
- ____ 11. Which program determines which vaccines can be used in animals designated organic?
A. EPA B. COOL **C. NOP** D. BQA
- ____ 12. Which vertebrae are not examined for ossification to determine carcass maturity?
A. Thoracic B. Lumbar C. Sacral D. **Cervical**

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

- ___ 13. Which piece of legislation was enacted the same day as the Pure Food and Drug Act?
A. Humane Slaughter Act C. Packers and Stockyards Act
B. Wholesome Meat Act D. Meat Inspection Act
- ___ 14. On average, how many grams of protein does an ounce of meat or poultry contain?
A. 3 B. 7 C. 11 D. 15
- ___ 15. Water-added ham uses water as a part of the curing process. What percent of the weight of the fresh, uncured ham can the water-added ham contain in added moisture?
A. Less than 1% B. Less than 5% C. Less than 10% D. Less than 20%
- ___ 16. How many pounds of product do the meat and poultry industries produce in the United States?
A. 326 million B. 950 million C. 57 billion D. 92 billion
- ___ 17. Which of these is required by the FSIS to be on the label of all meat products?
A. Ingredient list B. Net weight C. Establishment number D. All of the above
- ___ 18. What is the result of oxidative changes in fats and results in undesirable off-flavors, aromas and textures?
A. Rancidity B. Mold C. Marbling D. Bromelain
- ___ 19. Which method of defrosting will result in the greatest loss of juiciness?
A. Refrigerator B. Cold water C. Microwave D. They all have the same effect
- ___ 20. What does the USDA recommend as the safe minimum internal temperature of whole muscle products following cooking?
A. 130°F B. 145°F C. 160°F D. 175°F
- ___ 21. Which is not a hormone used in growth promoting implants?
A. Estradiol B. Progesterone C. Testosterone D. Prostaglandin
- ___ 22. Meat is the best food source of which kind of iron?
A. Heme iron B. Non-heme iron C. Iron ore D. All of the above
- ___ 23. Why is meat treated with irradiation?
A. Pre-cooking B. Kill bacteria C. Stabilize color D. Improve tenderness
- ___ 24. Which of these is an antioxidant?
A. UHT B. BHA C. CLA D. FHA
- ___ 25. Which method of cooking is recommended for less tender cuts of meat?
A. Broiling B. Grilling C. Braising D. Stir Frying