

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

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- ___ 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