

**National FFA Organization**  
**2017 Meats Evaluation & Technology CDE**  
**Written Test**

***Instructions: Carefully read each item and possible answers. Mark the correct answer on the correct CDE form. Completely fill the chosen ovals to indicate your answers.***

1. Which of the following is a primal cut of pork?
  - A. Breast
  - B. Loin
  - C. Rib
  - D. Round

(CEV Meat Science & Food Safety slide #63)

2. What do the letters HACCP represent?
  - A. Hazard Analysis Classification Control Point
  - B. Hazard Analysis Critical Control Point
  - C. Holistic Analysis Critical Control Processes
  - D. Humane Analysis Classification Control Procedures

(CEV Meat Science & Food Safety slide #20)

3. Which of the following is true of ground beef and hamburger?
  - A. Hamburger can contain added water, ground beef cannot.
  - B. Neither can contain binders.
  - C. Neither can contain seasoning.
  - D. Unadulterated ground beef contains less than 30% fat, hamburger contains more.

(CEV Meat Science & Food Safety slide #67)

4. Which of the following is a natural hormone found in growth-promoting implants?
  - A. antibiotic
  - B. progesterone
  - C. trenbolone acetate
  - D. zeranol

(CEV Meat Science & Food Safety slide #29)

5. Which product date designates the best taste and texture for the product?
  - A. “Best if Used By”
  - B. “Sell by Date”
  - C. “Store By”
  - D. “Use By”

(CEV Meat Science & Food Safety slide #76)

6. Which of the following is the thick myofilament in the sarcomere?
  - A. Actin
  - B. Bundle
  - C. Minimere
  - D. Myosin

(CEV Meat Science & Food Safety slide #59)

7. Which of the following specifies that meat be held for ten days to six weeks at 34°F to 38°F in a humidity controlled cooler?
- A. Brine aging
  - B. Dry aging
  - C. Smoking
  - D. Wet aging

(CEV Meat Science & Food Safety slide #80)

8. What are compounds that absorb oxygen, reducing or preventing the oxidation of food?
- A. Aerobics
  - B. Anaerobics
  - C. Antioxidants
  - D. Tenderizers

(CEV Meat Science & Food Safety slide #160)

9. Which of the following is true about lamb and mutton?
- A. Lamb has a more intense flavor than mutton.
  - B. Lamb meat is from a sheep older than one year of age.
  - C. Mutton is more tender than lamb.
  - D. Mutton is preferred by some cultures because it has a more intense flavor than lamb.

(CEV Meat Science & Food Safety slide #87)

10. Which method of slaughter, meat processing and handling follow Jewish dietary laws?
- A. Halal
  - B. Kindred
  - C. Kosher
  - D. Permitted

(CEV Meat Science & Food Safety slide #19)

11. For a maturity score “A” beef carcass to make quality grade Choice-, the marbling score should be \_\_\_\_.
- A. Moderate<sup>0-100</sup>
  - B. Modest<sup>0-100</sup>
  - C. Slightly Abundant<sup>0-100</sup>
  - D. Small<sup>0-100</sup>

(CEV Meat Science & Food Safety slide #93)

12. Which of the following is the causative agent that involves raw and/or undercooked meat and exhibits symptoms of abdominal cramps, diarrhea, nausea, and vomiting?
- A. *Escherichia coli*
  - B. *Lymphoma*
  - C. *Phenylketonuria*
  - D. *Triglyceride*

(CEV Meat Science & Food Safety slide #192)

13. Most of the beef in U.S. grocery stores is USDA \_\_\_\_.
- A. Choice
  - B. Prime
  - C. Select
  - D. Standard

(CEV Meat Science & Food Safety slide #99)

14. Which meat cookery method is recommended for thinner sliced meats?

- A. Broiling
- B. Pan Frying
- C. Roasting
- D. Stewing

(CEV Meat Science & Food Safety slide #139)

15. Which of the following is the result of oxidative changes in fat found in foods?

- A. Fetidization
- B. Freezer Burn
- C. Preservation
- D. Rancidity

(CEV Meat Science & Food Safety slide #106)

16. According to the Humane Methods of Slaughter Act, which of the following is NOT an approved method of stunning?

- A. Captive bolt
- B. Carbon dioxide gas
- C. Electric shock
- D. Sticking

(CEV Meat Science & Food Safety slide #18)

17. Which of the following is true specific to home freezer storage?

- A. Meat will retain its quality best if stored in a very cold freezer.
- B. Moisture-proof wrapping has no effect on meat storage quality.
- C. Thick cuts will freeze faster than thin cuts.
- D. Thin cuts will freeze slower than thick cuts.

(CEV Meat Science & Food Safety slide #110)

18. Generally, three ounces of lean lamb contains 74 percent of the RDA for \_\_\_\_.

- A. Carbohydrates
- B. Protein
- C. Vitamin B12
- D. Zinc

(CEV Meat Science & Food Safety slide #57)

19. How soon should ground beef be used after it is stored in a refrigerator?

- A. Within two days
- B. Within three days
- C. Within one week
- D. Within two weeks

(CEV Meat Science & Food Safety slide #119)

20. Which of the following is used to retard mold growth on the outside of dried sausages?

- A. Bromelain
- B. Ficin
- C. Potassium Sorbate
- D. Sucrose

(CEV Meat Science & Food Safety slide #169)

21. Which of the following is true or recommended for cooking refrigerated meat?

- A. Allow the meat to reach room temperature before cooking.
- B. Cooking timetables are based on meat at room temperature.
- C. Meat should be cooked at refrigerator temperature.
- D. Partially frozen meat will cook faster.

(CEV Meat Science & Food Safety slide #125)

22. Riboflavin is an example of these water soluble vitamins.

- A. A Vitamins
- B. B Vitamins
- C. C Vitamins
- D. D Vitamins

(CEV Meat Science & Food Safety slide #53)

23. What is the minimum internal temperature of a “medium rare” beef steak?

- A. 125°F
- B. 130°F
- C. 140°F
- D. 160°F

(CEV Meat Science & Food Safety slide #128)

24. The Meat Inspection Act was enacted to prevent the adulteration and misbranding of meat products. When was the Meat Inspection Act enacted?

- A. 1862
- B. 1906
- C. 1921
- D. 1958

(CEV Meat Science & Food Safety slide #10)

25. Deep fat frying is best completed when fat is heated at the following temperatures.

- A. 150°F – 160°F
- B. 250°F – 260°F
- C. 350°F – 360°F
- D. 450°F – 460°F

(CEV Meat Science & Food Safety slide #136)

26. This important piece of legislation was enacted the same day as the Meat Inspection Act. It prohibited the sale, manufacture and transportation of adulterated food products.

- A. Food and Drug Act
- B. Packers and Stockyards Act
- C. Pure Food and Drug Act
- D. Wholesome Meat Act

(CEV Meat Science & Food Safety slide #12)

27. Which is true of roasting as a meat cookery method?

- A. Roasting should be conducted in a deep pan while covering the meat.
- B. Roasting should be conducted in a deep pan without covering the meat.
- C. Roasting should be conducted in a shallow pan while covering the meat.
- D. Roasting should be conducted in a shallow pan without covering the meat.

(CEV Meat Science & Food Safety slide #140)

28. All of the following are major components of meat essential to good health EXCEPT

- A. Zernalal
- B. Fat
- C. Iron
- D. Protein

(CEV Meat Science & Food Safety slide #45)

29. The following is a moist cooking method.

- A. Braising
- B. Broiling
- C. Grilling
- D. Stir frying

(CEV Meat Science & Food Safety slide #146)

30. Due to regulations concerning BSE, downer cattle cannot be harvested for human or animal consumption. What is BSE?

- A. Bovine Spondilosis Endoscopy
- B. Bovine Spongiform Encephalopathy
- C. Breed Sporozoite Encephalopathy
- D. Breed Sustained Embryotomy

(CEV Meat Science & Food Safety slide #39)

31. The fat content of a frankfurter may not exceed \_\_\_\_ by weight.

- A. 30 Grams
- B. 30 Ounces
- C. 30 Percent
- D. 30 PPM

(CEV Meat Science & Food Safety slide #155)

32. Which meat additive ( $\text{Na}_3\text{PO}_4$ ) is used to increase water holding capacity in bacon and ham?

- A. Lecithin
- B. Niacin- Phosphorus
- C. Phosphates
- D. Water

(CEV Meat Science & Food Safety slide #172)

33. Which food additive is used as a curing accelerator in combination with other curing agents to fix color at a faster rate or preserve color during storage?

- A. Ascorbic Acid
- B. Potassium Nitrate
- C. Sodium Chloride
- D. Sodium Nitrite

(CEV Meat Science & Food Safety slide #161)

34. What is a synthetic chemical that shifts nutrients away from fat production to the promotion of lean muscle growth?

- A. Antibiotic
- B. Beta-agonist
- C. Oleoresin
- D. BHA

(CEV Meat Science & Food Safety slide #31)

35. Which of the following is a “flavoring” food additive?

- A. Butylated Hydroxyanisole
- B. Oleoresin
- C. Starter Culture
- D. Vitamin C

(CEV Meat Science & Food Safety slide #164)

36. What is the recommended freezer storage time for bacon?

- A. 1 month
- B. 2-3 months
- C. 6-9 months
- D. 10-12 months

(CEV Meat Science & Food Safety slide #109)

37. What is the purpose of mono and di-glycerides as processed meat additives?

- A. They aid in binding lean and fat for improved product texture.
- B. They aid in maintaining an emulsion in mixes.
- C. They increase water holding capacity in bacon and ham.
- D. They keep ingredients and seasonings evenly distributed throughout the mix.

(CEV Meat Science & Food Safety slide #171)

38. What term describes the case where pathogenic bacteria grew in the food, produced a toxin and made the consumer sick after eating?

- A. Food Infection
- B. Food Intoxication
- C. Food Vulnerability
- D. Foodborne Virus

(CEV Meat Science & Food Safety slide #184)

39. What standards assure labeling on a uniform basis? A pork loin chop in Maine is the same cut as a pork loin chop in Arizona.

- A. Consistency Across State Boundaries Standards
- B. Retail Meat Reliability Standards
- C. Uniform Retail Meat Identity Standards
- D. USDA Quantity Grading Standards

(CEV Meat Science & Food Safety slide #66)

40. Which component found in meat contains the most energy per gram?

- A. Fat
- B. Iron
- C. Protein
- D. Water

(CEV Meat Science & Food Safety slide #49)

41. When storing leftovers, meat should be cut into small pieces.

- A. True
- B. False

(CEV Meat Science & Food Safety slide #123)

42. If an antibiotic has been used to treat a disease, the animal will lose its organic status.

- A. True
- B. False

(CEV Meat Science & Food Safety slide #82)

43. Eggs have been linked to the food infection Listeriosis.

- A. True
- B. False

(CEV Meat Science & Food Safety slide #190)

44. Irradiation alters the taste of a food.

- A. True
- B. False

(CEV Meat Science & Food Safety slide #178)

45. The Wholesome Meat Act requires a federal, USDA or state inspection mark. True or false – The federal or state inspection mark indicates wholesomeness, not quality.

- A. True
- B. False

(CEV Meat Science & Food Safety slide #16)

46. Short-fed beef is from cattle fed in a feedlot for 150 days.

- A. True
- B. False

(CEV Meat Science & Food Safety slide #86)

47. Isoleucine is an essential amino acid found in meat.

- A. True
- B. False

(CEV Meat Science & Food Safety slide #47)

48. Frozen meat can be cooked satisfactorily without first defrosting.

- A. True
- B. False

(CEV Meat Science & Food Safety slide #120)

49. *Trichinella spiralis* is a nematode worm.

- A. True
- B. False

(CEV Meat Science & Food Safety slide #191)

50. When defrosting meat, ice crystals will melt releasing liquid that will increase the juiciness of the cut.

- A. True
- B. False

(CEV Meat Science & Food Safety slide #118)

**National FFA Organization**  
**2017 Meats Evaluation & Technology CDE**  
**Written Test**

**KEY**

- |       |       |
|-------|-------|
| 1. B  | 26. C |
| 2. B  | 27. D |
| 3. B  | 28. A |
| 4. B  | 29. A |
| 5. A  | 30. B |
| 6. D  | 31. C |
| 7. B  | 32. C |
| 8. C  | 33. A |
| 9. D  | 34. B |
| 10. C | 35. B |
| 11. D | 36. A |
| 12. A | 37. D |
| 13. C | 38. B |
| 14. B | 39. C |
| 15. D | 40. A |
| 16. D | 41. B |
| 17. A | 42. A |
| 18. C | 43. A |
| 19. A | 44. B |
| 20. C | 45. A |
| 21. C | 46. B |
| 22. B | 47. A |
| 23. B | 48. A |
| 24. B | 49. A |
| 25. C | 50. B |



**National FFA Organization**  
**2018 Meats Evaluation & Technology CDE**  
**Written Test**

***Instructions: Carefully read each item and possible answers. Mark the correct answer on the correct CDE form. Completely fill the chosen ovals to indicate your answers.***

1. According to FSIS, which of the following applies to meat labeled as “Natural”?
  - A. No added color
  - B. No artificial ingredients
  - C. Minimally processed
  - D. All of the above apply to meat labeled as “Natural”

(CEV Meat Science & Food Safety slide #84)

2. Growth-Promoting Implants are NOT approved for use in which species?
  - A. Hormonal implants are approved for use in all species.
  - B. Cattle
  - C. Sheep
  - D. Swine

(CEV Meat Science & Food Safety slide #30)

3. After a power outage, meat in the refrigerator is safe for 6 to 8 hours, unless meat temperature rises above \_\_\_\_ for more than 2 hours.
  - A. 10°F
  - B. 20°F
  - C. 30°F
  - D. 40°F

(CEV Meat Science & Food Safety slide #111)

4. Which of the following is a primal cut of lamb?
  - A. Breast
  - B. Brisket
  - C. Ham
  - D. Round

(CEV Meat Science & Food Safety slide #64)

5. Meat should be defrosted in all of the following ways EXCEPT
  - A. In a microwave oven
  - B. In a refrigerator
  - C. In cold water
  - D. On a countertop at room temperature

(CEV Meat Science & Food Safety slide #117)

6. Which of the following statements is true of Water-Added Ham?
  - A. It must be the entire hind leg of a hog.
  - B. It shall not contain more than 30% of the fresh ham in added moisture.
  - C. It can be made from the Boston or picnic shoulder.
  - D. It uses water as an essential part of the curing process.

(CEV Meat Science & Food Safety slide #68)

7. In meat products, what is the major reason for net weight loss from packaging to counter?
- A. Fat evaporation
  - B. Loss of vitamins and minerals
  - C. Moisture loss
  - D. Protein breakdown

(CEV Meat Science & Food Safety slide #75)

8. Generally, three ounces of lean lamb contains 74 percent of the recommended daily allowance (RDA) for \_\_\_\_.
- A. Carbohydrates
  - B. Protein
  - C. Vitamin B12
  - D. Zinc

(CEV Meat Science & Food Safety slide #57)

9. What compounds are used to absorb oxygen, reducing or preventing the oxidation of food?
- A. Anaerobicoxidants
  - B. Antioxidants
  - C. Curing Corroders
  - D. Oxygen Inhibitors

(CEV Meat Science & Food Safety slide #160)

10. Maturity classes divide meat into categories based on age. Which of the following utilize maturity classes?
- A. Cattle & Pork
  - B. Cattle & Sheep
  - C. Goats & Pork
  - D. Pork & Sheep

(CEV Meat Science & Food Safety slide #85)

11. All of the following are plant enzymes used to tenderize meat EXCEPT
- A. Bromelain
  - B. Ficin
  - C. Neotame
  - D. Papain

(CEV Meat Science & Food Safety slide #168)

12. Riboflavin is an example of these water soluble vitamins.
- A. A Vitamins
  - B. B Vitamins
  - C. C Vitamins
  - D. D Vitamins

(CEV Meat Science & Food Safety slide #53)

13. What is another term for Cold Cuts?
- A. Cured meats
  - B. Luncheon meats
  - C. Meat by-products
  - D. Variety meats

(CEV Meat Science & Food Safety slide #154)

14. Which of the following is the thin myofilament in the muscle sarcomere?

- A. Actin
- B. Actosin
- C. Bundle
- D. Myosin

(CEV Meat Science & Food Safety slide #59)

15. What should be done to pre-cooked sausages (such as frankfurters) when using a microwave oven?

- A. Cut off the ends to allow expansion
- B. Keep the casings whole to preserve moisture
- C. Pierce the casings to vent steam
- D. Split the sausage in quarters to assure even cooking

(CEV Meat Science & Food Safety slide #145)

16. This important piece of legislation was enacted the same day as the Meat Inspection Act. It prohibited the sale, manufacture and transportation of adulterated food products.

- A. Food and Drug Act
- B. Packers and Stockyards Act
- C. Pure Food and Drug Act
- D. Wholesome Meat Act

(CEV Meat Science & Food Safety slide #12)

17. The Meat Inspection Act of 1906 was prompted by which book by Upton Sinclair?

- A. *Charlotte's Web*
- B. *FSIS Standards*
- C. *The Jungle*
- D. *The Meat We Eat*

(CEV Meat Science & Food Safety slide #10)

18. What does the acronym HACCP stand for?

- A. Hazmat Critical Control Point
- B. Hazard Analysis Critical Control Point
- C. Hazard Awareness Critical Collection Program
- D. Harmful Analysis Crucial Control Program

(CEV Meat Science & Food Safety slide #20)

19. Handling leftovers should have the ultimate goal of \_\_\_\_ to slow bacterial growth.

- A. fast cooling
- B. fast heating
- C. slow cooling
- D. slow heating

(CEV Meat Science & Food Safety slide #121)

20. Due to regulations concerning BSE, downer cattle cannot be harvested for human or animal consumption. What is BSE?

- A. Bovine Spondilosis Endoscopy
- B. Bovine Spongiform Encephalopathy
- C. Breed Sporozoite Encephalopathy
- D. Breed Sustained Embryotomy

(CEV Meat Science & Food Safety slide #39)

21. When is it better to use a dry cooking method?
- A. For cuts with large amounts of connective tissue
  - B. For ground products
  - C. For less tender cuts
  - D. For lower quality cuts

(CEV Meat Science & Food Safety slide #131)

22. All of the following are true about water in the meat industry EXCEPT
- A. Water aids in evisceration
  - B. Water is essential to all life processes
  - C. Water makes hide removal more difficult
  - D. Water must be provided to livestock through the life cycle until the point of harvest

(CEV Meat Science & Food Safety slide #36)

23. When smoking meats, two thermometers are recommended. One thermometer is used to measure the internal temperature of the meat. What should the other thermometer measure?
- A. The air temperature of the smoker
  - B. The surface temperature of the meat
  - C. The internal temperature of the meat taken at a second location
  - D. The temperature outside of the smoker

(CEV Meat Science & Food Safety slide #142)

24. What is a synthetic chemical that shifts nutrients away from fat production to the promotion of lean muscle growth?
- A. Antibiotic
  - B. Beta-agonist
  - C. Growth-Promoting Implant
  - D. Zeranol

(CEV Meat Science & Food Safety slide #31)

25. Which piece of legislation passed in 1921 resulted in the monitoring of scales and brands?
- A. Meat Inspection Act
  - B. Packers and Stockyards Act
  - C. Pure Food and Drug Act
  - D. Uniform Wholesale Act

(CEV Meat Science & Food Safety slide #13 & #9)

26. When did labeling begin as a result of the Nutritional Labeling & Education Act?
- A. January 1973
  - B. December 1979
  - C. January 1990
  - D. January 2012

(CEV Meat Science & Food Safety slide #23)

27. What is used to retard mold growth on the outside of dried sausages?
- A. Di-Glycerides
  - B. Isolated Soy Proteins
  - C. Lecithin
  - D. Potassium Sorbate

(CEV Meat Science & Food Safety slide #169)

28. Which of the following specifies that meat be held for ten days to six weeks at 34°F to 38°F in a humidity controlled cooler?
- A. Brine aging
  - B. Dry aging
  - C. Smoking
  - D. Wet aging

(CEV Meat Science & Food Safety slide #80)

29. Which of the following are the proper storage temperatures?
- A. Below 32°F for cold products and above 140°F for hot products
  - B. Below 32°F for cold products and above 165°F for hot products
  - C. Below 40°F for cold products and above 140°F for hot products
  - D. Below 40°F for cold products and above 165°F for hot products

(CEV Meat Science & Food Safety slide #180)

30. Which nutrient is essential for the absorption of vitamins A, D, E, and K?
- A. Carbohydrates
  - B. Fat
  - C. Minerals
  - D. Protein

(CEV Meat Science & Food Safety slide #49)

31. Which of the following is the most common cause of foodborne illness?
- A. Mishandling food
  - B. Misidentifying meats
  - C. Misreading labels
  - D. Mistreating animals

(CEV Meat Science & Food Safety slide #182)

32. For a maturity score “A” beef carcass to make quality grade Choice<sup>o</sup> (Average Choice) the marbling score should be \_\_\_\_.
- A. Moderate<sup>0-100</sup>
  - B. Modest<sup>0-100</sup>
  - C. Slightly Abundant<sup>0-100</sup>
  - D. Small<sup>0-100</sup>

(CEV Meat Science & Food Safety slide #93)

33. Which type of meat cookery uses heated air circulated around the meat by a fan?
- A. Convection Oven
  - B. Grilling
  - C. Microwave Oven
  - D. Smoking

(CEV Meat Science & Food Safety slide #135)

34. Food is deemed “\_\_\_\_” unless it has a nutritional label.
- A. Misappropriated
  - B. Misbranded
  - C. Misregulated
  - D. Mistaken

(CEV Meat Science & Food Safety slide #21)

35. Which meat cookery method is recommended for thinner sliced meats?

- A. Broiling
- B. Pan Frying
- C. Roasting
- D. Stewing

(CEV Meat Science & Food Safety slide #139)

36. Which of the following is the correct recommended refrigerated storage time?

- A. Fresh, Uncooked Beef = 6-8 days
- B. Frankfurters = 2-3 weeks
- C. Fresh, Uncooked Ground meats = 4-6 days
- D. Sausage = 1 week

(CEV Meat Science & Food Safety slides #103 & #104)

37. What is the primary function of phosphates as processed meat additives?

- A. They add to nutritional value.
- B. They aid in drying the product.
- C. They increase water holding capacity.
- D. They keep ingredients and seasonings evenly distributed throughout the mix.

(CEV Meat Science & Food Safety slide #171)

38. Prime, Choice, Good, Utility, and Cull are all quality grades for which species?

- A. Beef
- B. Exotics
- C. Lamb
- D. Pork

(CEV Meat Science & Food Safety slide #98)

39. Which nutrient's primary function is to aid in the repair and maintenance of body cells?

- A. Carbohydrate
- B. Fat
- C. Protein
- D. Water

(CEV Meat Science & Food Safety slide #46)

40. In order to aid in evisceration and reduce microbial contamination, feed is withheld from animals \_\_\_\_ prior to slaughter.

- A. 6 hours
- B. 12 hours
- C. 1 day
- D. 2 days

(CEV Meat Science & Food Safety slide #37)

41. Improperly cooked beef products have been commonly associated with Trichinosis.

- A. True
- B. False

(CEV Meat Science & Food Safety slide #191)

42. If an antibiotic has been used to treat a disease, the animal will lose its organic status.

- A. True
- B. False

(CEV Meat Science & Food Safety slide #82)

43. In the beef carcass, physiological age is an estimate of the actual chronological age.

- A. True
- B. False

(CEV Meat Science & Food Safety slide #90)

44. Lysine is an essential amino acid found in meat.

- A. True
- B. False

(CEV Meat Science & Food Safety slide #47)

45. Over 12,000 species of *Salmonella* cause illness when ingested.

- A. True
- B. False

(CEV Meat Science & Food Safety slide #189)

46. Pan broiling is recommended for steaks and chops more than 2 inches thick.

- A. True
- B. False

(CEV Meat Science & Food Safety slide #138)

47. Re-Freezing meat causes no deterioration of quality as long as it is done correctly.

- A. True
- B. False

(CEV Meat Science & Food Safety slide #112)

48. “Shoulder” is a primal cut found in the beef carcass.

- A. True
- B. False

(CEV Meat Science & Food Safety slide #62)

49. *Trichinella spiralis* is a nematode worm.

- A. True
- B. False

(CEV Meat Science & Food Safety slide #191)

50. Uniform retail meat identity standards were implemented in 1973. This established a single, specific name for each basic retail cut.

- A. True
- B. False

(CEV Meat Science & Food Safety slide #17)

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**2018 Meats Evaluation & Technology CDE**  
**Written Test**

**KEY**

- |       |       |
|-------|-------|
| 1. D  | 26. D |
| 2. D  | 27. D |
| 3. D  | 28. B |
| 4. A  | 29. C |
| 5. D  | 30. B |
| 6. D  | 31. A |
| 7. C  | 32. B |
| 8. C  | 33. A |
| 9. B  | 34. B |
| 10. B | 35. B |
| 11. C | 36. D |
| 12. B | 37. C |
| 13. B | 38. C |
| 14. A | 39. C |
| 15. C | 40. B |
| 16. C | 41. B |
| 17. C | 42. A |
| 18. B | 43. A |
| 19. A | 44. A |
| 20. B | 45. B |
| 21. B | 46. B |
| 22. C | 47. B |
| 23. A | 48. B |
| 24. B | 49. A |
| 25. B | 50. A |





## **2019 Meats Evaluation & Technology Career Development Event**

***Instructions: Carefully read each item and possible answers. Mark the best answer on the correct CDE form. Completely fill the chosen ovals to indicate your answer.***

### **WRITTEN EXAM**

1. What was enacted on June 30, 1906, to prevent the adulteration and mishandling of meat products?
  - a. Meat Inspection Act
  - b. Food, Drug & Cosmetic Act
  - c. Humane Slaughter Act
  - d. Wholesome Meat Act

(CEV Meat Science & Food Safety slide #11)

2. What does the acronym USDA stand for?
  - a. United States Department of Agriculture
  - b. United States Development of Agriculture
  - c. United States Department of Animals
  - d. United States Development Standards

(CEV Meat Science & Food Safety slide #12)

3. This method of slaughter is performed by handling and processing animals in accordance with the Quran and conforming to Islamic dietary laws.
  - a. Kosher
  - b. Captive Bolt Stunning
  - c. Halal
  - d. None of the above

(CEV Meat Science & Food Safety slide #20)

4. The first implementation of a HACCP system for food safety is credited to?
  - a. Kraft for the U.S. Army
  - b. Johnson & Johnson and the National Sanitation Foundation
  - c. Oklahoma State University
  - d. Pillsbury for NASA

(CEV Meat Science & Food Safety slide #21)

5. In what year did the FSIS release the Safe Food Handling Label, now required on all raw meat products?
- a. 1978
  - b. 1993
  - c. 1994
  - d. 2011

(CEV Meat Science & Food Safety slide #25)

6. Growth-promoting implants are approved for use to be placed in the ear of swine.
- a. True
  - b. False

(CEV Meat Science & Food Safety slide #31)

7. Ractopamine hydrochloride and zilpaterol hydrochloride are examples of what?
- a. Beta-agonists
  - b. Growth hormones
  - c. Antioxidants
  - d. Cure accelerators

(CEV Meat Science & Food Safety slide #32)

8. Which of the following nutrients is NOT a major component of fresh meat?
- a. Water
  - b. Carbohydrates
  - c. Protein
  - d. Fat

(CEV Meat Science & Food Safety slide #46)

9. \_\_\_\_\_ is an essential amino acid for children, but not adults.
- a. Isoleucine
  - b. Phenylalanine
  - c. Arginine
  - d. Valine

(CEV Meat Science & Food Safety slide #48)

10. Which is not a fat-soluble vitamin?
- a. A
  - b. C
  - c. D
  - d. K

(CEV Meat Science & Food Safety slide #50)

11. \_\_\_\_\_ fats contain only single bonds between carbon atoms, while \_\_\_\_\_ contain one or more double bonds between carbon atoms.
- a. Monounsaturated; Polyunsaturated
  - b. Monounsaturated; Saturated
  - c. Unsaturated; Saturated
  - d. Saturated; Unsaturated

(CEV Meat Science & Food Safety slide #50)

12. Lean Meat contains less fat than peanut butter, cheddar cheese or Swiss cheese.
- a. True
  - b. False

(CEV Meat Science & Food Safety slide #57)

13. Muscles are comprised of thousands of basic muscle contractile units known as?
- a. Sarcomeres
  - b. Carbohydrates
  - c. Molecules
  - d. Fibers

(CEV Meat Science & Food Safety slide #60)

14. Meat varies in tenderness based on the muscle it is from?
- a. True
  - b. False

(CEV Meat Science & Food Safety slide #60)

15. Actin is the primary contractile protein comprising the thick filament of the sarcomere.
- a. True
  - b. False

(CEV Meat Science & Food Safety slide #60)

16. The “Brisket” primal comes from which species?
- a. Beef
  - b. Lamb
  - c. Pork
  - d. Poultry

(CEV Meat Science & Food Safety slide #63)

17. Which of the following is NOT considered a primal of beef carcasses?

- a. Side/Belly
- b. Loin
- c. Chuck
- d. Flank

(CEV Meat Science & Food Safety slide #63)

18. What regulatory standard describes a ham with less than 17% Protein Fat-Free (or PFF)?

- a. Ham Water Added
- b. Ham with Natural Juices
- c. Country-Cured Ham
- d. Ham & Water Product

(CEV Meat Science & Food Safety slide #69)

19. Which Government agency requires and oversees meat labeling?

- a. Livestock and Poultry Program
- b. Meat Grading and Certification
- c. Food and Drug Administration (FDA)
- d. Food Safety and Inspection Service (FSIS)

(CEV Meat Science & Food Safety slide #74)

20. Which of the following is NOT mandatory to be labeled on an FSIS-regulated meat product?

- a. Establishment Number
- b. Name and Address of Producer or Distributor
- c. Country of Origin
- d. Ingredient List

(CEV Meat Science & Food Safety slide #74)

21. Meat products derived from livestock raised on pasture and have received antibiotics can be considered "Certified Organic"?

- a. True
- b. False

(CEV Meat Science & Food Safety slide #83)

22. Maturity classes divide meat into categories based on age. In which species are maturity classes not used?

- a. Beef
- b. Lamb
- c. Pork
- d. All of the above utilize maturity classes

(CEV Meat Science & Food Safety slide #86)

23. Marbling is the small flecks of fat within the ribeye muscle.

- a. True
- b. False

(CEV Meat Science & Food Safety slide #91)

24. What is examined for determination of degrees of marbling in beef carcasses?

- a. Round
- b. Ribeye
- c. Loin eye
- d. Feathering

(CEV Meat Science & Food Safety slide #91-93)

25. A lamb carcass with two spool joints would be classified as a \_\_\_\_\_.

- a. Lamb
- b. Ram
- c. Young mutton
- d. Mutton

(CEV Meat Science & Food Safety slide #96)

26. From a safety point of view, it is okay to consume or re-freeze raw meat that has been stored at room temperature for more than two hours.

- a. True
- b. False

(CEV Meat Science & Food Safety slide #113)

27. Which practice is NOT listed on the USDA-FSIS Safe Handling Instructions?

- a. Keep refrigerated or frozen
- b. Wash raw meat before cooking
- c. Thaw in a refrigerator or microwave
- d. Cook thoroughly
- e. Keep hot foods hot

(CEV Meat Science & Food Safety slide #115)

28. Select the preferred method to thaw frozen meat.

- a. Submersing in warm water
- b. On a window sill
- c. In a refrigerator
- d. In a bowl on the kitchen counter

(CEV Meat Science & Food Safety slide #118)

29. Ground meat should be refrigerated quickly and used within \_\_\_\_\_ days of purchase?
- a. 2
  - b. 5
  - c. 10
  - d. 14

(CEV Meat Science & Food Safety slide #120)

30. Meat can be cooked directly from a frozen state without first being defrosted.
- a. True
  - b. False

(CEV Meat Science & Food Safety slide #121)

31. It is better and safer to handle leftover meats by \_\_\_\_\_.
- a. Refrigerating quickly and letting the product cool at a fast rate
  - b. Refrigerating slowly and letting the product cool at a slow rate
  - c. Discarding all leftovers
  - d. Feeding them to pets

(CEV Meat Science & Food Safety slide #122)

32. Proper freezing of meat should be at a temperature at or below \_\_\_\_\_.
- a. 0 degrees Fahrenheit
  - b. 0 degrees Celsius
  - c. 0 degrees Centigrade
  - d. 32 degrees Fahrenheit

(CEV Meat Science & Food Safety slide #124)

33. Which of these is NOT considered a dry cooking method?
- a. Broiling
  - b. Braising
  - c. Grilling
  - d. Smoking

(CEV Meat Science & Food Safety slide #133)

34. Which of the following cuts would be best suited for braising?
- a. Chuck shoulder pot roast
  - b. Top loin steak
  - c. Ribeye steak
  - d. Tenderloin steak

(CEV Meat Science & Food Safety slide #148)

35. Which of the following is a correct statement regarding the labeling of processed meats?
- a. All ingredients must be listed by level of protein.
  - b. All ingredients must be listed in order of decreasing weight
  - c. All ingredients do not have to be approved by FSIS
  - d. All ingredients must be listed in order of increasing weight

(CEV Meat Science & Food Safety slide #154)

36. Variety meats may be included in cold cuts even if they are not listed on the label.
- a. True
  - b. False

(CEV Meat Science & Food Safety slide #155)

37. Finished frankfurters shall not contain more than \_\_\_\_\_ % fat.
- a. 30
  - b. 25
  - c. 40
  - d. 15

(CEV Meat Science & Food Safety slide #156)

38. Skeletal Meat is defined as the edible muscle tissue of an animal attached to the bone. Which is not considered a skeletal muscle?
- a. Brisket
  - b. Shoulder steak
  - c. Tripe
  - d. Rump roast

(CEV Meat Science & Food Safety slide #157)

39. \_\_\_\_\_ is defined as “any substance with the intended use of which results or may reasonably be expected to result – directly or indirectly – in its becoming a component or otherwise affecting the characteristics of any food”.
- a. Antimicrobial
  - b. Food Additive
  - c. Letter of assurance
  - d. Processing aid

(CEV Meat Science & Food Safety slide #158)

40. Which was one of the first food additives to change taste and preserve foods?

- a. Salt
- b. Red pepper
- c. Thyme
- d. Coriander

(CEV Meat Science & Food Safety slide #159)

41. Sodium nitrite is well known for preventing the growth of \_\_\_\_\_?

- a. *Norovirus*
- b. *Aspergillus spp.*
- c. *Listeria monocytogenes*
- d. *Clostridium botulinum*

(CEV Meat Science & Food Safety slide #160)

42. Ascorbic acid is used as an antioxidant in processed meats. Ascorbic acid is also known as \_\_\_\_\_?

- a. STPP
- b. Vitamin C
- c. Vitamin E
- d. Vitamin B9

(CEV Meat Science & Food Safety slide #162)

43. Which is not considered a natural flavor additive for processed meats?

- a. Garlic
- b. Celery
- c. Onion
- d. Artificial sweeteners

(CEV Meat Science & Food Safety slide #166)

44. Which additive is not considered a meat tenderizer?

- a. Papain
- b. Erythorbate
- c. Ficin
- d. Bromelain

(CEV Meat Science & Food Safety slide #169)



45. \_\_\_\_\_ is an ingredient used to retard mold growth on the outside of certain processed meat products.

- a. Dehydration
- b. Sodium erythorbate
- c. Potassium sorbate
- d. Di-hydrogen monoxide

(CEV Meat Science & Food Safety slide #170)

46. Which of the following is not one of the seven principles of HACCP?

- a. Conduct a hazard analysis
- b. Identify critical control points
- c. Recognize potential failures
- d. Establish corrective actions

(CEV Meat Science & Food Safety slide #177)

47. In HACCP systems, the term CCP refers to \_\_\_\_\_.

- a. Critical control parameters
- b. Critical control points
- c. Cautionary control points
- d. Crucial control points

(CEV Meat Science & Food Safety slide #177)

48. Proper cooking is a method to minimize food-bacteria.

- a. True
- b. False

(CEV Meat Science & Food Safety slide #178)

49. What is the most common cause of foodborne illness?

- a. Unsanitary harvest facilities
- b. Mishandling of food
- c. Lapse in HACCP documentation
- d. Unhealthy live animal prior to harvest

(CEV Meat Science & Food Safety slide #183)

50. Which foodborne pathogen is known to cause miscarriage in pregnant women?

- a. *E. coli* O157:H7
- b. *Listeria monocytogenes*
- c. *Salmonella*
- d. *Staphylococcus aureus*

(CEV Meat Science & Food Safety slide #191)



## Meats Evaluation & Technology Career Development Event

Created: Feb-20

### WRITTEN EXAM KEY (2 POINTS EACH)

Question	Answer	Slide #	Standard	Standard	Standard	Standard	Standard
1.	A	11	FPP.04.02.01.B	FPP.04.01.01.B	FPP.03.03.02.a		
2.	A	12	FPP.04.01.01.b				
3.	C	20	FPP.04.02.01.b	FPP.04.01.03.b	FPP.04.01.01.b	FPP.03.03.03.c	
4.	D	21	FPP.04.02.01.b	FPP.04.01.01.b	FPP.03.03.02.a	FPP.03.02.03.a	
5.	C	25	FPP.04.02.01.b	FPP.04.01.01.b	FPP.03.03.02.a	FPP.03.02.03.a	
6.	B	31	FPP.04.02.01.b	FPP.04.01.01.b	FPP.03.03.02.a		
7.	A	32	FPP.04.02.01.b	FPP.03.03.02.a			
8.	B	46	FPP.04.01.01.b	FPP.03.03.03.c			
9.	C	48	FPP.02.01.02.b				
10.	B	50	FPP.02.01.02.b				
11.	D	50	FPP.02.02.01.a				
12.	A	57	FPP.04.01.02.c	FPP.03.03.03.c			
13.	A	60	AS.06.02.03.a				
14.	A	60	FPP.04.01.02.c	FPP.03.03.03.c	FPP.03.03.02.a		
15.	B	60	AS.06.02.03.a				
16.	A	63	FPP.03.03.02.a				
17.	A	63	FPP.03.03.02.a				
18.	D	69	FPP.04.02.01.b	FPP.04.01.02.c	FPP.04.01.01.b	FPP.03.03.03.c	FPP.03.03.02.a
19.	D	74	FPP.04.02.01.b	FPP.04.01.01.b	FPP.03.03.03.c	FPP.03.03.02.a	FPP.03.02.03.a
20.	C	74	FPP.04.02.01.b	FPP.04.01.01.b	FPP.03.03.03.c	FPP.03.03.02.a	FPP.03.02.03.a
21.	B	83	FPP.04.02.01.b	FPP.04.01.02.c	FPP.04.01.01.b	FPP.03.03.03.c	FPP.03.03.02.a
22.	C	86	FPP.04.01.01.b	FPP.03.03.03.c	FPP.03.03.02.a		
23.	A	91	FPP.03.03.03.c	FPP.03.03.02.a			
24.	B	91	FPP.04.01.01.b	FPP.03.03.03.c	FPP.03.03.02.a		
25.	D	96	FPP.04.01.01.b	FPP.03.03.03.c	FPP.03.03.02.a		

## WRITTEN EXAM KEY

Question	Answer	Slide #	Standard	Standard	Standard	Standard	Standard
26.	B	113	FPP.03.02.03.a				
27.	B	115	FPP.04.02.01.b	FPP.04.01.01.b	FPP.03.03.03.c	FPP.03.03.02.a	FPP.03.02.03.a
28.	C	118	FPP.03.02.03.a				
29.	A	120	FPP.03.02.03.a				
30.	A	121	CS.03.01.01.b.				
31.	A	122	FPP.03.02.03.a				
32.	A	124	FPP.03.03.02.a				
33.	B	133	FPP.03.02.03.a				
34.	A	148	FPP.03.02.03.a				
35.	B	154	FPP.04.02.01.b	FPP.04.01.01.b	FPP.03.03.03.c	FPP.03.03.02.a	FPP.03.02.03.a
36.	B	155	FPP.03.03.03.c	FPP.03.03.02.a			
37.	A	156	FPP.04.02.01.b	FPP.04.01.01.b	FPP.03.03.03.c	FPP.03.03.02.a	FPP.03.02.03.a
38.	C	157	FPP.04.02.01.b	FPP.04.01.01.b	FPP.03.03.03.c	FPP.03.03.02.a	
39.	B	158	FPP.04.02.01.b	FPP.04.01.01.b	FPP.03.03.03.c	FPP.03.03.02.a	FPP.03.02.03.a
40.	A	159	FPP.04.02.01.b	FPP.04.01.01.b	FPP.03.03.03.c	FPP.03.03.02.a	FPP.03.02.03.a
41.	D	160	FPP.03.03.02.a	FPP.03.02.03.a			
42.	B	162	FPP.03.03.03.c	FPP.03.03.02.a	FPP.03.02.03.a		
43.	D	166	FPP.04.02.01.b	FPP.04.01.02.c	FPP.04.01.01.b	FPP.03.03.03.c	FPP.03.03.02.a
44.	B	169	FPP.03.03.02.a				
45.	C	170	FPP.03.03.02.a	FPP.03.02.03.a			
46.	C	177	FPP.04.02.01.b	FPP.04.01.01.b	FPP.03.03.02.a		
47.	B	177	FPP.04.02.01.b	FPP.04.01.01.b	FPP.03.03.02.a		
48.	A	178	CS.03.01.01.b.	FPP.01.01.b.			
49.	B	183	CS.03.01.01.b.	FPP.01.01.b.			
50.	B	191	CS.03.01.01.b.	FPP.01.01.b.			

**2021**  
**NATIONAL FFA MEATS EVALUATION CDE**  
**WRITTEN EXAM**

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1. Which species is NOT included in the Humane Slaughter Act?

- a. Cattle
- b. Horses
- c. Mules
- d. Bison

Slide 15

2. Which of the following programs is NOT voluntary for meat plants?

- a. Uniform Retail Meat Identity Standards
- b. Packers and Stockyards act
- c. USDA Quality Grading
- d. All of the above are voluntary

Slides 18 & 90

3. Why are non-ambulatory or “downer” cattle not allowed to be harvested for consumption?

- a. Humane handling concerns
- b. Lack of equipment to move animals
- c. Microbial food safety concerns
- d. Bovine Spongiform Encephalopathy

Slide 40

4. Hams are classified into regulatory labeling standards using which parameter?

- a. Protein Fat-Free (PFF)
- b. Fat-Free Lean (FFL)
- c. Percent Lean Meat (PLM)
- d. Total Fat Percent (TFP)

Slide 69

5. What is the recommended minimum internal temperature for ground beef?

- a. 130 F
- b. 140 F

c. 145 F

d. 160 F

Slides 129, 178, 193

6. While trichinosis is extremely rare in the U.S., what is the minimum internal temperature required to kill *Trichinella spiralis* parasite in pork?

a. 145 F

b. 160 F

c. 165 F

d. 180 F

Slide 130

7. Which foodborne bacteria can have its growth inhibited or prevented by the use of nitrite in meats?

a. E. coli

b. Salmonella

c. Clostridium botulinum

d. Listeria monocytogenes

Slides 160, 164, 187

8. What is the order if ingredients listed on a processed meats label (slide 154)?

a. By weight in decreasing order

b. Alphabetical

c. By weight in increasing order

d. By order of incorporation into brine

9. What type of meat is defined by the USDA as the edible muscle tissue of an animal attached to the bone (slide 157)?

a. Organ meat

b. Smooth muscle

c. Skeletal meat

d. Nervous tissue

10. Why are antioxidants used in processed meat products (slide 161)?

a. To prevent rancidity

b. To reduce fat content

c. To increase fat content

d. To bind water

11. What are bacteria used for fermentation to create flavor and impart certain properties in processed meats (slide 171)?

- a. Competitive inhibitors of foodborne pathogens
- b. Environmental bacterial load
- c. Starter Cultures
- d. None of the above

12. What are the functions of nitrite in processed meats (slide 164)?

- a. contributes to the characteristic flavor and texture of processed meat products
- b. corrects and preserves meat color
- c. inhibits the growth of Clostridium botulinum
- d. All of the above

13. What additive retards mold growth in dry sausages (slide 170)?

- a. Potassium Sorbate
- b. Water
- c. Spices
- d. Sodium Chloride

14. What additive increases water holding capacity of the processed meat product, resulting in a juicier final product (Slide 173)?

- a. Phosphate
- b. Sugar
- c. Water
- d. Spices

15. This book was written by Upton Sinclair to expose the conditions of immigrant meat plant workers in Chicago, but brought attention to the conditions in meat processing plants.

- a. Socialist
- b. The Meat Inspection Act
- c. Silent Spring
- d. The Jungle

Slide 11

16. In an A maturity beef carcass, a Traces marbling score will result in a quality grade of \_\_\_\_\_.

- a. Standard +

- b. Select +
- c. Choice -
- d. Prime °

Slide 94

17. The \_\_\_\_\_ gave the Secretary of Agriculture and the USDA authorization to regulate livestock marketing and meat packing; monitoring of scales and brands.

- a. The Packers and Stockyards Act
- b. The Meat Inspection Act
- c. The Pure Food and Drug Act
- d. The Delaney Clause

Slide 14

18. Which of the following information is NOT required on a nutritional label?

- a. Serving size
- b. Ingredients containing GMOs
- c. Calories per container
- d. Amount of total fat

Slide 23

19. Water is withheld from animals for \_\_\_\_\_ hours prior to slaughter.

- a. 1
- b. 12
- c. 48
- d. 0. Water is not withheld prior to slaughter

Slide 37

20. Fat is essential for the absorption of fat-soluble vitamins. What are the four fat soluble vitamins?

- a. A, B, C, D
- b. A, D, E, K
- c. B, C, D, K
- d. A, B-6, B-12, K

Slide 50

21. Meat from a sheep more than one year of age is known as \_\_\_\_\_.

- a. Lamb
- b. Venison

- c. Mutton
  - d. Chevron
- Slide 88

22. What is the time of onset for E. coli as a common foodborne illness?

- a. 12-24 hours
- b. 20-24 hours
- c. 3-4 days
- d. 10 days

Answer "C" slide 193

23. Which common foodborne illness is associated with canned meats and seafood as well as smoked and processed meat. Possible fatalities are associated with nausea, vomiting, fatigue, dizziness and headache.

- a. Trichinosis
- b. Botulism
- c. E. coli
- d. Staphylococcal aureus

Answer "B" slide 187

24. Which process of enhancing food safety does not alter the freshness or nutritional content, can be performed on fresh meats or processed meats, and does not result in radioactive food?

- a. Pasteurization
- b. Freezing
- c. Acidification
- d. Irradiation

Answer "D" slides 179/180

25. Which is not an "antioxidant" used to prevent rancidity in meat?

- a. BHA
- b. BHT
- c. Vitamin C
- d. Vitamin A

Answer "D" slide 161/162

26. \_\_\_\_\_ is the method of cookery that involves completely covering the meat with liquid and cooking extensively.

- a. Pot Roasting



- b. Stewing
- c. Stir Frying
- d. Pan Broiling

Answer "B" slide 149

27. Beef maturity classifications range from birth to several years of age. Which is defined as cattle/bovine with a live weight less than 700 lbs., strictly fed milk and grass and may have a yellow fat color?

- a. Short-Fed Beef
- b. Long-Fed Beef
- c. Baby Beef
- d. Stag

Answer "C" slide 87

28. When labeling meat, which is not a requirement?

- a. Product name
- b. Net weight statement
- c. Handling instructions
- d. Name of the butcher

Answer "D" slide 74

29. What chemical compound in the body's system is used to synthesize Vitamin D, create hormones, and form bile salts to aid in digestion of fats?

- a. Cholesterol
- b. Protein
- c. Bromelin
- d. Lecithin

Answer "A" slide 52

30. What is the prescribed period of time the meat animal must not have received any compound or drug pre-harvest? This will allow ample time for the drug to pass through the animal's system.

- a. Residual Period
- b. Withdrawal Period
- c. Processing Period
- d. Adulteration Period

Answer "B" slide 35

31. Ascorbic acid is used as an antioxidant in processed meats. Ascorbic acid is also known as \_\_\_\_\_?

- a. STPP
- b. Vitamin C
- c. Curing agent
- d. Curing accelerator

Slide 162

32. A \_\_\_\_\_ is defined as any substance with the intended use of which results in it becoming a component or otherwise affecting the characteristics of any food.

- a. Antimicrobial
- b. Food additive
- c. Letter of assurance
- d. Processing aid

Slide 158

33. Finished frankfurters shall not contain more than \_\_\_\_\_% fat.

- a. 30
- b. 25
- c. 40
- d. 15

Slide 156

34. BHA and BHT are examples of which class of food additives or ingredients?

- a. Acidifiers
- b. Antioxidants
- c. Curing agents
- d. Peeling modifiers

Slide 161

35. When the color of a processed meat is "fixed" it is also referred to as?

- a. Frozen
- b. Cooked
- c. Blanched
- d. Cured

Slide 162, 163, 164

36. Sodium chloride is used in the manufacturing of which portion of cured and processed products?

- a. 15%
- b. 40%
- c. 75%
- d. Nearly all

Slide 167

37. Proper freezing of meat should be at a temperature at or below

- a. -10 degrees Fahrenheit
- b. 0 degrees Celsius
- c. 0 degrees Centigrade
- d. 32 degrees Fahrenheit

Slide 111

38. Freezing can deteriorate the quality of meat

- a. True
- b. False

Slide 107

39. Select the preferred method to thaw (defrost) frozen meat

- a. Submersing in warm water
- b. On a window sill
- c. In a refrigerator
- d. In a bowl on the kitchen counter
- e. In a gas oven

Slide 118

40. It is better and safer to handle leftover meats by

- a. Refrigerating quickly and letting the product cool at a fast rate
- b. Refrigerating slowly and letting the product cool at a slow rate
- c. Discarding any leftovers
- d. Feeding them to pets

Slide 122

41. When freezing cooked meat, the packaging used should

- a. Be solid and prevent light from contacting the surface of the meat
- b. Be tightly attached to the surface of the meat to prevent moisture loss

- c. Allow moisture to penetrate and come in contact with the surface of the meat
- d. Be clear or transparent to allow light to contact the surface of the meat

Slide 134

42. Ground beef and hamburger are the same item?

- a. True
- b. False
- c. Depends on which region of the country it is made.

Slide 68

43. Which method of defrosting or thawing frozen meat will result in the greatest loss of juiciness?

- a. Submersing in warm water
- b. Microwaving
- c. In a refrigerator
- d. In a bowl on the kitchen counter

Slide 119

44. Which practice is NOT listed on the USDA-FSIS Safe Handling Instructions?

- a. Keep refrigerated or frozen
- b. Wash raw meat before cooking
- c. Thaw in a refrigerator or microwave
- d. Cook thoroughly
- e. Keep hot foods hot

Slide 115

45. The term “freezer burn” refers to meat being frozen at too low of a temperature.

- a. True
- b. False

Slide 108

46. Growth promoting implants are permitted to be used in

- a. Turkeys
- b. Cattle
- c. Swine
- d. Chickens

Slide 31

47. Which of the following nutrients is NOT a major component of fresh meat?

- a. Water
- b. Carbohydrates
- c. Protein
- d. Fat

Slide 46

48. Muscles are comprised of thousands of basic muscle contractile units know as?

- a. Sarcomeres
- b. Carbohydrates
- c. Molecules
- d. Fibers

Slide 60

49. Which Government agency requires and oversees meat labeling?

- a. Livestock and Poultry Program (L&P)
- b. Meat Grading and Certification (AMS)
- c. Food and Drug Administration (FDA)
- d. Food Safety and Inspection Service (FSIS)

Slide 74

50. Which of the following is NOT considered a primal of the beef carcasses?

- a. Side/Belly
- b. Loin
- c. Chuck
- d. Flank

Slide 63, 64

2022  
National FFA Meats Evaluation CDE  
Written Exam

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1. What is the minimum recommended internal cooking temperature for ground meats? (slide 129-130)
  - a. 130 F
  - b. 140 F
  - c. 145 F
  - d. 160 F
2. True or false, carcass maturity scores in beef are based on the actual chronological age of the animal recorded at the time of slaughter. (slide 91)
  - a. True
  - b. False
3. What are the functions of nitrite in processed meats (slide 164)
  - a. contributes to the characteristic flavor and texture of processed meat products
  - b. corrects and preserves meat color
  - c. inhibits the growth of Clostridium botulinum
  - d. All the above
4. Growth promoting implants are NOT approved for use in which species? (slide 31)
  - a. Swine
  - b. Cattle
  - c. Sheep
  - d. Approved for all the above
5. Which of the following determines the regulatory standard for ham, i.e., "Ham", "Ham, water added", "Ham with natural juices", etc.? (slide 69)
  - a. The amount of added water
  - b. Protein Fat-Free
  - c. The weight of the ham
  - d. All the above
6. True or false, non-ambulatory or "downer" cattle can be slaughtered for human or animal consumption if the USDA protocol is followed. (slide 40)
  - a. True
  - b. False
7. True or false, meat protein contains all 9 essential amino acids. (slide 45)
  - a. True
  - b. False

2022  
National FFA Meats Evaluation CDE  
Written Exam

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8. Which live age separates lamb from mutton? (slide 88)
- a. 6 months
  - b. 9 months
  - c. 1 year
  - d. 2 years
9. Dietary fat is essential for absorption of which of the following vitamins? (slide 50)
- a. Vitamin A
  - b. Vitamin B
  - c. Vitamin C
  - d. None of the above
10. True or false, fat in beef, pork and veal is less than 50% saturated. (slide 51)
- a. True
  - b. False
11. True or false, the liver can produce 2-3 times more cholesterol than a person consumes. (slide 53)
- a. True
  - b. False
12. What is the basic muscle contractile unit? (slide 60)
- a. Sarcomere
  - b. Sarcoplasm
  - c. Sarcolemma
  - d. Sarcophile
13. Which of the following is NOT a primal cut in pork? (slide 64)
- a. Shoulder
  - b. Rib
  - c. Loin
  - d. Leg
14. What was the name of the book written by Upton Sinclair which brought attention to the conditions in meat processing plants, and eventually led to the Meat Inspection Act of 1906 (slide 11)
- a. The Forest
  - b. The Jungle
  - c. Where the Red Fern Grows
  - d. Old Yeller

2022  
National FFA Meats Evaluation CDE  
Written Exam

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15. True or false, feed is withheld from livestock approximately 12 hours prior to slaughter to aid in evisceration and reduce the chance of visceral punctures? (slide 38)
- a. True
  - b. False
16. Which of the following is NOT required on a meat label by the FSIS? (slide 74)
- a. Establishment number
  - b. Inspection mark
  - c. Price per lb.
  - d. Handling instructions
17. A product labeled organic is most likely to be which of the following? (slide 82-84)
- a. Healthier
  - b. Safer
  - c. More humane
  - d. More expensive
18. What is an essential amino acid? (slide 48)
- a. An amino acid our bodies need more of than others
  - b. An amino acid that is hard to find in nature
  - c. An amino acid that makes us sick
  - d. An amino acid that cannot be produced by the human body
19. Yield grading is a measure of what? (slide 89)
- a. Quality
  - b. Cutability
  - c. Cleanliness
  - d. Safety
20. True or false, quality grading is a mandatory process paid for with tax dollars. (slide 90)
- a. True
  - b. False
21. True or false, the uniform retail meat identity standards, or URMIS, is a mandatory program to establish a single specific name for each retail cut. (slide 18)
- a. True
  - b. False



2022  
National FFA Meats Evaluation CDE  
Written Exam

---

22. Vegetarians are typically challenged maintaining sufficient levels of all but which of the following? (slide 55)
- a. Amino acids
  - b. Iron
  - c. Zinc
  - d. Cholesterol
23. In 1993, a major E. coli O157:H7 outbreak led to the industry wide testing for this organism in ground beef. Which fast food chain was this outbreak linked to? (slide 25)
- a. McDonald's
  - b. Jack in the Box
  - c. Wendy's
  - d. Burger King
24. Which of the following does NOT contribute to beef quality grade? (slide 91)
- a. Color
  - b. Maturity
  - c. Firmness
  - d. External fat
25. On a beef carcass with "A" maturity which of the following marbling scores would result in a grade of "Standard"? (slide 94)
- a. Small
  - b. Slight
  - c. Traces
  - d. None of the above
26. Which of the following is a USDA Quality grade of lamb? (slide 99)
- a. Select
  - b. Good
  - c. Standard
  - d. Commercial
27. True or false, bacteria will stop growing at refrigerated temperatures. (slide 103)
- a. True
  - b. False
28. Which of the following has the longest refrigerated shelf life? (slide 104-105)
- a. Bacon
  - b. Corned Beef
  - c. Hot Dogs
  - d. Summer Sausage

2022  
National FFA Meats Evaluation CDE  
Written Exam

---

29. True or false, rancidity is a sign that meat is no longer safe to eat and should be discarded immediately. (slide 107)
- a. True
  - b. False
30. Which is NOT a recommended way to defrost meat? (slide 118)
- a. Microwave oven
  - b. On the kitchen counter
  - c. Cold water
  - d. Refrigerator
31. Which is the quickest recommended method for defrosting meat? (slide 118)
- a. Microwave oven
  - b. On the kitchen counter
  - c. Cold water
  - d. Refrigerator
32. True or false, its best to let steaks reach room temperature before cooking. (slide 126)
- a. True
  - b. False
33. When cooking meat, which measurement should be monitored for food safety? (slide 28)
- a. Cooking Temperature
  - b. Internal temperature of the meat
  - c. Surface temperature of the meat
  - d. Outside Temperature
34. Prior to 2011, why wasn't fresh meat required to have nutritional info on the label? (slide 22)
- a. It is inspected by USDA, not FDA
  - b. Meat labeling laws pre-date the Nutritional Labeling Act
  - c. It is a single ingredient food
  - d. It doesn't have the required nutrients
35. Although a rare steak is 125 F, what is the USDA recommended internal temperature of whole muscle products? (slide 29)
- a. 130 F
  - b. 140 F
  - c. 145 F
  - d. 160 F

2022  
National FFA Meats Evaluation CDE  
Written Exam

---

36. Which is NOT a function of cholesterol in the body? (slide 52)
- a. Transport nutrients
  - b. Create hormones
  - c. Form bile salts to digest fats
  - d. Facilitate nerve transmission
37. Which of the following was NOT one of the four main impacts of the Meat Inspection Act of 1906? (Slide 12)
- a. Antemortem inspection of livestock before slaughter
  - b. Postmortem inspection of every carcass
  - c. Sanitary conditions of all meat processing facilities
  - d. Authorized the Food and Drug Administration (FDA) to monitor and inspect harvesting and processing operations
38. Dry cooking methods should be used for \_\_\_\_ cuts of meat, while moist cooking methods should be used for \_\_\_\_ cuts of meat. (slide 132)
- a. Tough, tender
  - b. Tough, tough
  - c. Tender, tough
  - d. Tender, tender
39. If a frankfurter contains 25% added water, how much fat may it contain? (slide 156)
- a. 5%
  - b. 10%
  - c. 15%
  - d. 30%
40. Which of the following are NOT exceptions to the Humane Methods of Slaughter Act? (slide 20)
- a. Organic
  - b. Kosher
  - c. Halal
  - d. All the above are exceptions
41. Food safety is the responsibility of \_\_\_\_\_. (slide 175)
- a. Consumer
  - b. Producer
  - c. Processor
  - d. All the above

2022  
National FFA Meats Evaluation CDE  
Written Exam

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42. Which of the following is NOT one of the seven principles of HACCP? (slide 177)
- a. Conduct a hazard analysis
  - b. Identify critical control points
  - c. Approve paperwork through USDA inspector
  - d. Establish critical limits
43. What is the “danger zone”? (slide 182)
- a. 60 F to 160 F
  - b. 40 F to 140 F
  - c. 40 F to 160 F
  - d. 60 F to 140 F
44. Which of the following is not considered a vulnerable group to foodborne illness? (slide 184)
- a. Senior citizens
  - b. Pregnant women
  - c. High school students
  - d. Immuno-compromised
45. Which foodborne illness can be fatal, but is prevented using nitrites? (slide 187)
- a. E. coli
  - b. Botulism
  - c. Trichinosis
  - d. Listeriosis
46. What is the order if ingredients listed on a processed meats label (slide 154)?
- a. By weight in decreasing order
  - b. Alphabetical
  - c. By weight in increasing order
  - d. By order of incorporation into brine
47. Which agency does NOT monitor drug residues in livestock? (slide 36)
- a. USDA
  - b. CDC
  - c. FDA
  - d. EPA
48. Which is not an “antioxidant” used to prevent rancidity in meat? (slide 161-162)
- a. BHA
  - b. BHT
  - c. Vitamin C
  - d. Vitamin A

2022  
National FFA Meats Evaluation CDE  
Written Exam

---

49. What is the prescribed period the meat animal must not have received any compound or drug pre-harvest? This will allow ample time for the drug to pass through the animal's system. (slide 35)
- a. Residual Period
  - b. Withdrawal Period
  - c. Processing Period
  - d. Adulteration Period
50. True or false, the federal or state inspection mark indicates quality, ensuring the consumer an enjoyable eating experience. (slide 17)
- a. True
  - b. False