**2009 San Antonio FFA Meat Judging Contest Written Test**

**February 15, 2009**

**Instructions: Please choose the best answer according to the Yellow Pages.**

1. What does the term “extra lean” mean on meat and poultry product label? (Page 47, Question 177)
   1. Less than 5 grams of fat
   2. Less than 2 grams of saturated fat
   3. Less than 95 grams of cholesterol per 100 grams
   4. All of the above
   5. None of the above
2. When buying uncooked meat what is the amount of meat allowed for a bone-in meat serving? (Page 41, Question 147)
   1. 1 pound
   2. 1/4 of a pound
   3. 1/3 to 1/2 of a pound
   4. 3/4 to 1 pound
   5. 1/4 to 1/2 of a pound
3. What makes up a turkey ham? (Page 49, Question 187)
   1. Breast and thigh meat
   2. All turkey meat and skin covering it
   3. Thigh meat and skin covering it
   4. Only breast meat
   5. None of the above
4. What is the recommended refrigerator storage time for chicken nuggets or patties? (Page 62 Refrigerator Storage Time Chart)
   1. 1 to 2 days
   2. 3 to 4 days
   3. 3 to 5 days
   4. 5 to 7 days
   5. None of the above
5. What is the recommended freezer storage time for corned beef in the freezer (0oF or colder)? (Page 64, Freezer Storage Time Chart)
   1. 4 to 6 months
   2. 3 to 4 months
   3. 6 to 9 months
   4. 3 months
   5. None of the above
6. What are the dangerous compounds formed during grilling? (Page 79, Question 338)
   1. HAA’s
   2. PVC’s
   3. PAH’s
   4. Both A and C
   5. All of the above
7. How much cooked meat, without bones, is considered a serving? (Page 41, Question 147)
   1. 3 oz
   2. 4 oz
   3. 5 oz
   4. 6 oz
   5. None of the above

1. Why is identification of bone shape and cut important when buying meat? (Page 45, Question 169)
   1. Bone shape determines quality
   2. Bone shape determines the sex of the animal
   3. Bone shape determines location of the cut on the carcass
   4. Bone determines cutability
   5. Bone shape plays no importance when purchasing meat
2. What is the maximum amount of meat that can be frozen at one time? (Page 65, Question 272)
   1. 2.0 lbs/ cubic foot
   2. 2.5 lbs/cubic foot
   3. 5 lbs/cubic foot
   4. 7.5 lbs/ cubic foot
   5. 4.5 lbs/cubic foot

1. Why should one refrain from defrosting store wrapped meat in the microwave? (Page 66, Question 279)
   1. *E. Coli* O157:H7 is on the inside lining and can penetrate into the muscle when heated
   2. Polyvinyl chloride migrates from the wrapping when heated
   3. *Yersinia enterocolitica* is on the inside lining and can penetrate into the muscle when heated
   4. *Staphylococcus aureus* migrates from the wrapping when heated
   5. When meat defrosts, meat color and tenderness will decrease if left in the store wrapped package

1. How long does it take to defrost a 1 inch steak? (Page 66, Question 276)
   1. 8-10 hours
   2. 10-12 hours
   3. 12-14 hours
   4. 5-6 hours
   5. 2-4 hours

1. How long can cooked meat be held in the oven at ready-to-serve temperatures (above 140oF) after cooking is completed? (Page 78, Question 334)
   1. No longer than 30 minutes
   2. No longer than 1 hour
   3. Between 2 hours and 2 ½ hours
   4. Between 1 ½ hours and 2 hours
   5. You cannot hold food once it is ready, protein fibers will begin to break down with excess heat and become tough and dry to the consumer.
2. Which of the following is not a USDA grade of pork sow carcasses? (Page 43, Question 157)
   1. US No. 1
   2. US No. 2
   3. Medium
   4. Cull
   5. None of the above
3. How deep will the flavoring of seasonings penetrate when roasting? (Page 76, Question 321)
   1. 1/8 inch into the meat
   2. 1/4 inch into the meat
   3. 1/2 inch into the meat
   4. 3/4 inch into the meat
   5. None of the above
4. *Listeria monocytogenes* was recognized as a human foodborne illness after a Canadian outbreak traced back to contaminated coleslaw in which year? (Page 58, Question 237)
   1. 1970
   2. 1971
   3. 1972
   4. 1973
   5. None of the above
5. What does the term “comminuting” mean? (Page 48, Question 183)
   1. Grinding or reducing to small, fine particles
   2. Fabricating a product from fresh and/or frozen meat
   3. Combining the meat from two or more species in a single product
   4. Meat coming into contact with a food-borne bacteria
   5. None of the above
6. Because a canned ham is cooked in the can, approximately what percentage of shrinkage occurs? (Page 50, Question 193)
   1. 1-2%
   2. 5-8%
   3. 7-15%
   4. 10-20%
   5. None of the above
7. High quality lamb includes which of the following characteristics? (Page 50, Question 198)
   1. Fine textured lean
   2. Pink lean
   3. Porous bone
   4. All of the above
   5. None of the above
8. What is the maximum percent of fat that is contained in ground beef? (Page 46, Question 174)
   1. 30%
   2. 20%
   3. 10%
   4. 15%
   5. None of the above
9. How much leaner are pork retail cuts than they were 20 years ago? (page 48, Question 185)
   1. 50%
   2. 25%
   3. 20%
   4. 15%
   5. 10%
10. Which foodbourne bacteria is prevelantly found in Mexican food (including tacos, enchiladas, and beans)? (Page 57, Question 237)
    1. *Staphyloccus aureus*
    2. *Yersnia enterocolitica*
    3. *Campylobacter jejuni*
    4. *Clostridium perfringens*
    5. None of the above
11. What is “cooking in liquid?” (Page 70, Question 291)
    1. When enough liquid is added to cover the bottom of the pan
    2. When enough liquid is added to cover half of the meat
    3. When enough liquid is added to completely cover the meat
    4. All of these
    5. None of these
12. How does the lean to fat ratio in ground beef affect the price? (Page 47, Question 178)
    1. Price will be higher with less lean more fat
    2. Lean to fat ratio has no affect on price.
    3. Price will be lower with more lean less fat.
    4. Price will be lower with less lean more fat.
    5. None of the above
13. At what internal temperature should an unlabeled ham be cooked? (Page 49, Question 189)
    1. 145°F
    2. 160°F
    3. 155°F
    4. 150°F
    5. None of the above
14. What bacterium that produces a deadly toxin is characterized by dry mouth and double vision initially? (Page 57, Question 237)
    1. *Clostridium perfringens*
    2. *Escherichia coli*
    3. *Clostridium botulinum*
    4. *Campylobacter jejuni*
    5. None of the above