**2009 Texas Tech Invitational FFA Meat Judging Contest Written Test**

**March 26, 2009**

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

1. When buying fully cooked meats, what amount is considered a serving?
   1. 2 two-ounce franks
   2. 2 three-ounce sausages
   3. 3 two-ounce franks
   4. 3 three-ounce sausages
   5. None of the above
2. Who pays to have meat graded in beef plants?
   1. Federal government
   2. State government
   3. Local taxes
   4. Companies
   5. None of the above
3. What is the maximum amount of fat that ground beef and hamburger can contain?
   1. Maximum of 20 %
   2. Maximum of 25%
   3. Maximum of 30%
   4. Maximum of 35%
   5. None of the above
4. What natural food is most widely used to tenderize meat?
   1. Bromelin (pineapple)
   2. Papain (papaya)
   3. Ficin (fig)
   4. Applin (apple)
   5. None of the above are approved by the FDA
5. The pigment responsible for the red color on meat is called?
   1. Oxymyoglobin
   2. Oxytocin
   3. Oxymasis
   4. All of the above
   5. None of the above
6. In a \_\_\_\_ \_\_\_\_ the heated air is circulated around the meat. The hot air touches all the surfaces simultaneously so that the meat cooks evenly and in less time.
   1. Conventional Oven
   2. Convection Oven
   3. Gas Grill
   4. Microwave Oven
   5. None of the above
7. Which of the following cuts is best suited for broiling?
8. Ground patties
9. Arm pot roast
10. Eye of round steak
11. Blade steak
12. None of the above
13. Which one of the following foodborne bacteria is among the top two most common foodborne illnesses?
14. *Campylobacter jejuni*
15. *Clostridium perfringens*
16. *Escherichia coli*
17. *Listeria monocytogenes*
18. None of the above
19. What causes the splitting of the casings on sausage during heating?
20. The lack of moisture inside the casing
21. The steam buildup inside the casing
22. The casings are just really weak
23. The casing is overstuffed
24. None of the above
25. Which meat can you safely use after cutting the mold off?
    1. hard salami
    2. country ham
    3. dry-smoked turkey
    4. All of the above
    5. None of the above
26. In what year did the entire retail meat industry agree to establish one specific name for each basic retail cut?
    1. 1973
    2. 1975
    3. 1983
    4. 1985
    5. None of the above
27. How can undamaged canned goods be decontaminated after a fire?
    1. By washing in a strong detergent and then dipping in a solution of two teaspoons chlorine bleach per quart of water
    2. By washing in a strong alcohol solution and then dipping in a solution of three teaspoons vinegar per quart of water
    3. By washing in a strong alcohol solution and then dipping in a solution of two teaspoons of strong acid per quart of water
    4. By washing in a strong bleach twice and then dipping in a solution of three teaspoons chlorine bleach per quart of water
    5. Undamaged canned goods cannot be decontaminated after a fire
28. When broiling, when should seasoning be added?
    1. Before browning
    2. After browning
    3. Both before and after browning
    4. Cover it in seasoning before browning and then lightly add seasoning after browning
    5. It does not matter when seasoning is added
29. To what internal temperature should poultry be cooked to ensure all bacteria and parasites are destroyed?
30. 145° F
31. 160° F
32. 170° F
33. 175° F
34. None of the above
35. Which is a factor of a fire that can compromise food quality?
36. Heat of the fire
37. Toxic smoke fumes
38. Chemicals used to fight the fire
39. All of the above
40. None of the above
41. Which cooking method is best suited for Beef Short Ribs?
42. Roasting
43. Braising
44. Broiling
45. Cooking in Liquid
46. None of the Above
47. If a product is labeled “extra lean,” it must contain less than \_\_\_\_ grams of fat.
48. 5
49. 10
50. 15
51. 20
52. None of the above
53. How much will a pork roast in an open pan on the kitchen range shrink?
54. If cooked properly, it will not shrink.
55. 5-10%
56. 7-15%
57. 10-18%
58. 20-25%
59. Which is a dangerous compound formed during grilling?
60. NCI
61. PVC
62. RBM
63. HAA
64. None of the above
65. What is the maximum percentage of fat, added water, binders, or extenders that can be contained in a fabricated steak?
66. 5%
67. 15%
68. 30%
69. 50%
70. None of the above
71. How should you adjust microwave cooking time when a recipe is doubled?
72. Use ½ additional time
73. Use ¾ additional time
74. Use 2/3 additional time
75. Microwave the portions separately
76. Use a conventional oven
77. Which is NOT a useful method to prevent overcooking the edges of a meatloaf?
78. Cover each corner with foil
79. Shape the meat in a round container
80. Make an indentation in the center of the meatloaf
81. Use a microwave-safe ring mold
82. All of the above
83. At what temperature should a lamb rib roast be roasted?
84. 325° F
85. 350° F
86. 375° F
87. 400° F
88. None of the above
89. What foodborne bacteria can cause a serious kidney disease known as hemolytic uremic syndrome?
    1. *Staphylococcus aureus*
    2. *Yersinia enterocolitica*
    3. *Campylobacter jejuni*
    4. *Escherichia coli* O157:H7
    5. None of the above
90. In order to help slice meat thinly enough for stir frying, what can be done to the meat?
    1. Add a tenderizer
    2. Partially freeze the meat
    3. Completely freeze the meat
    4. Use tender cuts of beef
    5. None of the above