**2010 San Antonio FFA Meats Judging Contest Written Test**

**February 14, 2010**

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

1. What are the USDA quality grades for young pork? **(Page 43, question 157)**
   1. US No. 1, US No. 2, US No. 3, US No. 4, Medium, Cull
   2. Prime, Choice, Select, Standard, Commercial, Utility, Cutter, Canner
   3. Prime, Choice, Good, Utility, Cull
   4. **US No. 1, US No. 2, US No. 3**
   5. Yield Grade 1, Yield Grade 2, Yield Grade 3, Yield Grade 4, Yield Grade 5
2. What does the term “lean” mean on a meat and poultry product label? **(Page 47, question 177)**
   1. **Less than 10 g fat, 4.5 g saturated fat, and 95 mg cholesterol per 100 g and RACC**
   2. Less than 10 g fat, 2 g saturated fat, and 95 mg cholesterol per 100 g and RACC
   3. Less than 5 g fat, 4.5 g saturated fat, and 95 mg cholesterol per 100 g and RACC
   4. Less than 5 g fat, 2 g saturated fat, and 95 mg cholesterol per 100 g and RACC
   5. None of the above
3. What common foodborne bacteria produces a toxin that is resistant to heat, refrigeration, freezing and chemicals such as nitrite? **(Page 58, question 237)**
   1. *E.coli* 0157:H7
   2. ***Staphylococcus aureus***
   3. *Salmonella enteritidis*
   4. *Listeria monocytogenes*
   5. *Clostridium perfringens*
4. What dangerous compound/s may be formed when proteins (as found in all muscle foods) are heated at high temperatures? **(Page 79, question 338)**
   1. Nitrosamines
   2. **Heterocyclic aromatic amines (HAA’s)**
   3. Polynuclear aromatic hydrocarbons (PAH’s)
   4. All of the above
   5. None of the above
5. Can defrosted meats and poultry be refrozen? **(Page 67, question 281)**
   1. No
   2. Yes, but only if they were defrosted by room temperature
   3. **Yes, but only if they were defrosted in the refrigerator**
   4. Yes, but only if held at room temperature longer than two hours
   5. None of the above
6. How long can luncheon meats be frozen? **(Page 63, question 257)**
   1. **1-2 months, if unopened and vacuum packaged**
   2. 3-5 months, if opened and vacuum packaged
   3. Two weeks before opening and one week after
   4. 1-2 years
   5. Luncheon meats cannot be frozen
7. If preparing food for 10 people, each person receiving one serving of cooked meat without bones, how much **TOTAL** meat would be needed to prepare for all 10 people? **(Page 41, question 147)**
   1. 10 ounces
   2. 10 pounds
   3. 3 ounces
   4. **30 ounces**
   5. None of the above
8. Which of the following materials would **NOT** be acceptable to wrap meat for freezing? **(Page 65, question 267)**
   1. Aluminum foil
   2. **Wax paper**
   3. Heavyweight plastic wrap
   4. Freezer paper coated with plastic
   5. All are acceptable and would keep moisture in during freezing
9. Which of these statements does **NOT** describe panbroiling? **(Page 74, question 307)**
   1. Panbroiling is a lowfat method of cooking
   2. No fat or water is added to the pan
   3. Fat is removed as it accumulates during cooking
   4. Meat is turned only once
   5. **All of the above are true**
10. How long is meat safe in the refrigerator after the power goes off? **(Page 59, question 244)**
    1. 10 to 12 hours
    2. 8 to 10 hours
    3. **6 to 8 hours**
    4. 4 to 6 hours
    5. None of the above
11. What gas may cause the red color in well done pork that is cooked by dry heat? **(Page 90, question 391)**
    1. **Carbon monoxide**
    2. Carbon dioxide
    3. Nitrous oxide
    4. Oxymyoglobin
    5. None of the above
12. When should seasoning be added in roasting? **(Page 76, question 321)**
    1. Before roasting
    2. After roasting
    3. During roasting
    4. **It makes little difference since the flavoring will penetrate only about 1/8th inch into the meat**
    5. None of the above
13. In order to help slice meat thinly enough for stir frying, what can be done to the meat? **(Page 75, question 316)**
    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
14. By law, what is the fat content allowed in ground poultry? **(Page 48, question 182)**
    1. 30 %
    2. 10 - 15 %
    3. 7 - 14 %
    4. 7 - 15 %
    5. **None of the above**
15. What is a newer technology currently being used by the industry to tenderize meat that improves the tenderness and color brightness of certain meats? **(Page 51, question 203)**
    1. Pinning
    2. Needling
    3. **Electrical Stimulation**
    4. Massaging
    5. None of the above
16. What is the most common chemical used to tenderize meat and what is its derivative? **(Page 51, question 201)**
    1. Papain, Pineapple
    2. Bromelin, Pineapple
    3. Ficin, Figs
    4. Bromelin, Banana
    5. **Papain, Papaya**
17. What common foodborne bacteria has symptoms occurring one to seven days after ingestion that mimick appendicitis? **(Page 58, question 237)**
    1. *Clostridium perfringens*
    2. ***Yersinia enterocolitica***
    3. *E.coli* 0157:H7
    4. *Staphylococcus aureus*
    5. *Listeria monocytogenes*
18. What temperature should pork be cooked to kill trichinae? **(Page 56, question 232)**
    1. 140° Celsius
    2. 150° Celsius
    3. 160° Celsius
    4. 170° Celsius
    5. **None of the above**
19. **True or False:** It is safe to partially cook meat ahead of time so it doesn’t take as long to cook later. **(Page 59, question 243)**
20. True
21. **False**
22. Can the USDA investigate alleged foodborne illness as a result of eating restaurant food? **(Page 59, question 241)**
23. Yes, because the federal government has jurisdiction over local food service establishments
24. Yes, because the federal government has jurisdiction over all foods
25. **No, because the federal government has no jurisdiction over local food service establishments**
26. No, because the federal government has no jurisdiction outside of packing plants
27. None of the above
28. Is there a problem getting meat to brown in a microwave oven? **(Page 86, question 366)**
    1. No, as long as it is on the high setting
    2. No, as long as it is on the low setting
    3. Yes, a microwave oven cooks with hot air
    4. **Yes, a microwave oven cooks with cool air**
    5. None of the above
29. How can you prevent buckling and curling when broiling? **(Page 89, question 388)**
    1. Slash the lean in several places
    2. **Slash the fat edge in several places**
    3. Cover corners with aluminum foil
    4. There’s no need to prevent buckling and curling
    5. None of the above.
30. How long can you store unopened canned meat products? **(Page 61, question 250)**
31. **Five years, if kept in a cool, dark pantry**
32. One year, if kept in a cool, well lit pantry
33. Five years, if kept in a cool, well lit pantry
34. It’s probably infected with *Clostridium botulinum* if stored over five years, so discard immediately
35. None of the above
36. How do you cook foods in a crock pot safely? **(Page 88, question 382)**
    1. Do not fill the cooker more than 1/3 full.
    2. **Always place a lid on the slow cooker.**
    3. Start the appliance on the high setting for 15 to 20 minutes.
    4. All of the above
    5. None of the above
37. What is the recommended refrigerator storage time for fresh beef? **(Page 62)**
38. 1-2 days
39. 2-3 days
40. **3-4 days**
41. 3-5 days
42. None of the above