

**NORTH CAROLINA FFA ASSOCIATION**  
**2004 MEATS EVALUATION CAREER DEVELOPMENT EVENT**  
*Written Exam*

**Multiple Choice: Circle the best answer to complete the statement.**

1. Which statement is not correct about meat fats?
  - A. Fat adds flavor and makes meat seem juicy
  - B. All animal fat is saturated
  - C. Fats help in the absorption of Vitamin A, D, E & K
  - D. Moderate amounts of fat are essential in human diets
  
2. The USDA meat grades for lamb are:
  - A. Prime, Choice, Good, Cutter, and Canner
  - B. U.S. No. 1, U.S. No. 2, and U.S. No. 3
  - C. Prime, Choice, Good, Utility, and Cull
  - D. Prime, Choice, Select and Standard
  
3. \_\_\_\_\_ is defined by USDA as the edible part of the animal that is muscle tissue attached to bone.
  - A. Hanging carcass
  - B. Processed meat
  - C. Skeletal meat
  - D. Primal
  
4. When you divide the cost per pound of the meat you are buying by the number of servings you expect to get per pound you are calculation the \_\_\_\_\_.
  - A. Total cost of the meal
  - B. Lean to fat ratio
  - C. Content of the meat
  - D. Cost per serving
  
5. When consuming a vegetarian (all-plant based) diet, it is difficult to obtain sufficient levels of:
  - A. Vitamin B12
  - B. Calcium
  - C. Protein
  - D. Both A and B
  
6. The pigment responsible for the red color in meat is \_\_\_\_\_. When this pigment reacts with air, the purplish color of fresh cut meat turns red.
  - A. bromelin
  - B. oxymyoglobin
  - C. DES
  - D. Monosodium glutamate

7. Why are more servings of fruit, vegetable and bread recommended than the meat group?
- A. Meat is more expensive
  - B. Nutrients are less concentrated in fruit, vegetable and bread
  - C. Meat spoils quicker
  - D. Both A and B
8. The \_\_\_\_\_ is the unsplit primal rib of a lamb carcass which includes ribs 6 through 12.
- A. rack
  - B. riblet
  - C. crown roast
  - D. shank
9. The length of time before slaughter that use of a hormone or drug must be discontinued is called the \_\_\_\_\_.
- A. Regulatory period
  - B. Hormone processing period
  - C. Out of commerce period
  - D. Withdrawal period
10. The recommended storage time for maximum quality in a refrigerator for ground beef:
- A. 3-5 days
  - B. 5-10 days
  - C. 2 weeks
  - D. 1-2 days
11. USDA inspection of meat is a guide to:
- A. Quality of the meat
  - B. Yield grade of the meat
  - C. Wholesomeness of the meat
  - D. All of the above
12. What is the least desirable method of defrosting meat?
- A. Defrosting at room temperature
  - B. Defrost in the refrigerator
  - C. Defrost in microwave
  - D. Cook from a frozen state
13. What is an antioxidant?
- A. Naturally occurring hormones added to animal feed to increase feed efficiency.
  - B. Substance used to retard rancidity of food due to exposure to oxygen.
  - C. Additive used in processed meats to make the product more tender.
  - D. Additive used in processed meats as curing accelerator.

14. What are the primary factors for determining the value and general acceptability of a beef carcass?
- A. Cutability & Quality
  - B. Tenderness & Juiciness
  - C. Dressing Percent & Yield
  - D. Dressing Percent & Quality
15. Veal is meat from a calf that is \_\_\_\_\_.
- A. 3 months old or younger
  - B. Younger than 1 year of age
  - C. Fed grain for at least 130 days
  - D. 2 years old or older
16. What is the time period used to age meat sold in retail markets?
- A. 3 days
  - B. 4 to 5 days
  - C. 10 to 12 days
  - D. 6 to 10 days
17. Which of the following statements about fat in the diet is not true?
- A. The Dietary Guidelines for Americans recommend that we consume no more than 30% of calories from fat.
  - B. The most healthy diet for the average American is one that contains no fat.
  - C. Moderate amounts of fat are essential in the diet so that vitamins A, D, E and K can be absorbed.
  - D. Fats add flavor, juiciness and appetite appeal to food.
18. What is the refrigerator (36-40 degree F) storage limit for maximum quality bacon?
- A. 2 weeks
  - B. 2 months
  - C. 1 week
  - D. 10 days
19. The term “natural” on a label means:
- A. The product was from animals that were raised under “free-range” conditions
  - B. The product is from animals that were not given “growth-promotants”
  - C. Both A and B
  - D. None of the above
20. What is the advantage to the consumer in buying subprimal cuts?
- A. Higher quality
  - B. Identifies the cut of meat
  - C. Identifies the USDA grades
  - D. Usually results in lower cost per serving

21. What is meant by “residues” in meat?
- A. Opaque soap scum that remains on the ;meat after the carcass in rinsed
  - B. Minute amounts of antibiotic, drug, hormone, insecticide, pesticide, or environmental contaminant remaining in meant after slaughter
  - C. Both a and b
  - D. None of the above
22. Which food group has the largest number of recommended servings in the Food Guide Pyramid?
- A. Fruit Group
  - B. Meat Group
  - C. Bread Group
  - D. Vegetable Group
23. What is the major purpose of aging meat?
- A. To lower the incidence of food born illness
  - B. To develop additional tenderness and a characteristic flavor
  - C. Both a and b
  - D. None of the above.
24. Short fed cattle are fed in a feedlot for approx. \_\_\_\_\_ days before marketing.
- A. 20-30 days
  - B. 30-45 days
  - C. 45-60 days
  - D. 90-130 days
25. How long should meat be safe in the freezer when the power is off?
- A. 2 hours
  - B. 8 hours
  - C. 2 days
  - D. 1 week