MULTIPLE CHOICE

1. Meats should be frozen at temperatures of:
   a. 36 degrees F   c. 0 degrees F or lower
   b. 32 degrees F   d. 38 degrees F

   ANS: C       PTS: 1

2. What is meant by “residues” in meat?
   a. Opaque soap scum that remains on the carcass after being rinsed
   b. Minute amounts of antibiotic, drug, hormone, insecticide, pesticide, or environmental contaminant remaining in meat after slaughter
   c. Both A & B
   d. None of the above

   ANS: B       PTS: 1

3. Sodium nitrite is used in making some processed meats because it ________.
   a. Inhibits the development of botulinum toxin
   b. Is a curing agent that contributes to the characteristic flavor and texture of bacon, ham, and sausage products
   c. Fixes the meat color
   d. All of the above

   ANS: D       PTS: 1

4. Which statement is not true about food irradiation?
   a. Irradiation destroys harmful bacteria that cause food to spoil or cause human disease.
   b. Irradiation food keeps longer and in better condition in warehouses and homes.
   c. Irradiation makes food moderately radioactive.
   d. The irradiation process involves exposing food to one of the three types of ionizing energy: gamma rays, machine generated electrons, or X-rays.

   ANS: C       PTS: 1

5. What has the Federal Government set as the maximum fat content for a hotdog?
   a. 10%   c. 30%
   b. 25%   d. 5%

   ANS: C       PTS: 1

6. For the average healthy adult, how much meat should be included in the daily diet?
   a. Two 2-3 ounce servings per day   c. Two 6-8 ounce servings per day
   b. Five 4-6 ounce servings per day   d. None

   ANS: A       PTS: 1
7. For safety, best flavor, texture, and juiciness; cook pork to an internal temperature of _______.
   a. 110 degrees F  
   b. 130 degrees F  
   c. 145 degrees F  
   d. 212 degrees F  
   ANS: C  
   PTS: 1  

8. What is the meaning of cutability of a carcass?
   a. Cutability refers to the tenderness of the retail cuts from a carcass and is measured by shear force values.  
   b. Cutability is an estimate of the overall palatability (flavor, tenderness, and juiciness) of retail cuts from a carcass.  
   c. Cutability refers to yield of lean meat in a carcass.  
   d. All of the above.  
   ANS: C  
   PTS: 1  

9. Which of the following statements about tenderization is false?
   a. Electrical stimulation improves the tenderness of certain meats.  
   b. Natural food enzymes like papaya and pineapple are the source of most meat tenderizers.  
   c. Tenderization does not affect the keeping quality of meat.  
   d. The use of tenderizers can improve the quality grade of meat.  
   ANS: D  
   PTS: 1  

10. What factors determine the quality grade of beef carcass?
    a. Maturity of the carcass  
    b. Marbling  
    c. Color, firmness, and texture of the lean  
    d. All of the above  
    ANS: D  
    PTS: 1  

11. The USDA meat grades for young pork are:
    a. Prime, Choice, and Select  
    b. US No.1, US No.2, and US No.3  
    c. Grade A, Grade B, and Grade C  
    d. Prime, Choice, and Standard  
    ANS: B  
    PTS: 1  

12. 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.  
    ANS: B  
    PTS: 1  

13. What USDA grades of beef are generally found in the grocery store?
    a. Prime and Standard  
    b. Choice and Select  
    c. Cutter and Canner  
    d. Select and Standard  
    ANS: B  
    PTS: 1
14. What does the term “water added” on a ham label mean?
   a. “Water added” means that 20% or more of the ham’s weight is due to water added during the curing process.
   b. “Water added” means that the cured ham returns to within 10% above the original weight of the ham during the curing process.
   c. “Water added” means that the cured ham returns to its original weight during the curing process.
   d. None of the above.

   ANS: B       PTS: 1

15. Which of the following statements about cholesterol is NOT true?
   a. Cholesterol is a sterol found in all animal tissue.
   b. Cholesterol is a saturated animal fat that clogs arteries.
   c. Cholesterol is used by the body to make bile salts to aid in the digestion of fats.
   d. Cholesterol is used by the body to make hormones.

   ANS: B       PTS: 1

16. What are the primary factors for determining the value and general acceptability of a beef carcass?
   a. Cutability and Quality
   b. Tenderness and Juiciness
   c. Dressing Percent and Yield
   d. Dressing Percent and Quality

   ANS: A       PTS: 1

17. What is the meaning of the term “nutrient dense food”?
   a. Nutrient density compares the amounts of essential nutrients to the amounts of calories a food contains. The greater the nutrient contribution of a food relative to calorie content, the more nutrient-dense it is.
   b. Nutrient density refers to the total number of calories a 3 ounce serving of a red meat contains. The greater the number of calories, the more nutrient-dense the meat is.
   c. Nutrient density refers to the toughness or tenderness of pork.
   d. None of the above.

   ANS: A       PTS: 1

18. The recommended refrigerator (36-40 degrees F) storage time for a maximum quality for beef porterhouse steaks is:
   a. 1 day
   b. 5-10 days
   c. 2 weeks
   d. 3-4 days

   ANS: D       PTS: 1
19. Concerning the use of drug and hormones, what is a withdrawal period?
   a. How often the drug or antibiotic can be administered to the animal.
   b. The total amount of time (number of days) that the animal can take the hormone or antibiotic.
   c. The length of time before slaughter that the use of a hormone or drug must be discontinued.
   d. Both B & C.
   ANS: C   PTS: 1

20. Veal is meat from a calf that is:
   a. 3 months old or younger
   b. Fed grain for at least 130 days
   c. Younger than one year of age
   d. 2 years or older
   ANS: C   PTS: 1

21. Which of the following statements about fat in the diet is NOT true?
   a. The Dietary Guidelines for Americans recommends 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 and juiciness to meats.
   ANS: B   PTS: 1

22. What is the major purpose of aging meat?
   a. To lower the incidence of food borne illness.
   b. To develop additional tenderness and a characteristic flavor.
   c. Both A & B
   d. None of the above
   ANS: B   PTS: 1

23. What is the best source of meat to meet thiamin requirements?
   a. Chicken
   b. Fish
   c. Beef
   d. Pork
   ANS: D   PTS: 1

24. What is the maximum amount of fat which ground beef can contain?
   a. 10%
   b. 20%
   c. 30%
   d. 40%
   ANS: C   PTS: 1

25. “Short-fed” refers to cattle that are grain fed for:
   a. 90 to 130 days
   b. 100 to 150 days
   c. 180 days
   d. More than 180 days
   ANS: A   PTS: 1
26. The USDA inspection process is a guide to:
   a. Quality  
   b. Wholesomeness
   c. Fat Content  
   d. Marbling
   ANS: B  PTS: 1

27. What is the recommended amount of meat to be included in a daily diet?
   a. One 12 oz. serving  
   b. Two 6 oz. servings
   c. One 8 oz. serving  
   d. Two 2-3 oz. servings
   ANS: D  PTS: 1

28. A disease associated with the way pork is cooked is called:
   a. Leptospirosis  
   b. Brucellosis
   c. Trichinosis  
   d. Vibriosis
   ANS: C  PTS: 1

29. How do you correctly calculate the “cost per serving” when considering the price of meats?
   a. Multiply the cost per pound by the total
      pounds you purchase.
   b. Divide the cost per pound by the number
      of servings you expect to get per pound.
   ANS: B  PTS: 1

30. How can cuts of meat be identified?
   a. Fat content  
   b. Color
   c. Color, size of cut, and bone structure  
   d. Fat cover
   ANS: C  PTS: 1

31. If beef steaks or pork chops are to be broiled, they should be cut:
   a. 3/4 to 1 inch thick  
   b. 3 inches thick
   c. less than 1/2 inch thick  
   d. None of the above
   ANS: A  PTS: 1

32. What are the primary factors for determining the value and general acceptability of a beef carcass?
   a. Tenderness and Juiciness  
   b. Eating Quality and Yield
   c. Dressing Percent and Yield  
   d. Cutability and Quality
   ANS: B  PTS: 1

33. Which statement is not correct about meat fats?
   a. Fat adds flavor and makes meat seem juicy  
   b. Fats help in the absorption of Vitamin A, D, E, and K
   c. All animal fat is saturated  
   d. Moderate amounts of fat are essential in human diets
   ANS: C  PTS: 1
34. What is the correct method for determining when a roast is done?
   a. Cook for 3 hours at 425 degrees c. Cook 45 minutes per pound of meat
   b. Cook for 3 hours per pound of meat d. Use a roast meat thermometer to
      determine the internal temperature of the roast
   
   ANS: D  PTS: 1

35. Meat is considered a complete protein because it:
   a. Lacks the essential amino acids c. Supplies all of the essential amino acids
   b. Tastes good d. Provides iron in the diet
   
   ANS: C  PTS: 1

36. What is the refrigerator (36-40 degrees F) storage limit for maximum quality bacon?
   a. 2 weeks  c. 1 week
   b. 2 months  d. 10 days
   
   ANS: C  PTS: 1

37. What is the advantage to the consumer in buying subprimal cuts?
   a. Higher quality  c. Identifies the USDA grades
   b. Identifies the cut of meat d. Usually results in lower cost per serving
   
   ANS: D  PTS: 1

38. “Long-Fed” refers to cattle that are grain fed for:
   a. 90 to 130 days  c. 100 days
   b. 10 to 50 days  d. More than 130 days
   
   ANS: D  PTS: 1

39. What are the factors for determining the value and general acceptability of a beef carcass?
   a. Weight and Taste  c. Eating Quality and Yield
   b. Tenderness and Juiciness d. Dressing Percent and Yield
   
   ANS: C  PTS: 1

40. At what temperature range should meat be cooked to best retain moisture?
   a. Low Temperature (below 250°F)  c. High Temperature (above 350°F)
   b. Moderate Temperature (325°F)  d. None of the above
   
   ANS: B  PTS: 1

41. How can doneness of broiled meats be tested most accurately?
   a. Meat Thermometer  c. Cut a slit in the center and check color
   b. Taste  d. Cooking Time
   
   ANS: A  PTS: 1

42. What factors are used to determine meat “quality”?
   a. Tenderness, Juiciness, and Flavor  c. Cutability and Yield
   b. Color, Fat Content, and Texture  d. None of the above
   
   ANS: A  PTS: 1
43. The recommended storage time for quality in a refrigerator for ground beef is:
a. 3-5 days c. 2 weeks
b. 5-10 days d. 1-2 days
ANS: D PTS: 1

44. What is the least desirable method of defrosting meat?
a. Defrost in the refrigerator c. Cook from a frozen state
b. Defrost in the microwave d. Defrosting at room temperature
ANS: D PTS: 1

45. How long should meat be safe in the freezer when the power is off?
a. 2 hours c. 2 days
b. 8 hours d. 1 week
ANS: C PTS: 1