

2022
National FFA Meats Evaluation CDE
Written Exam

1. What is the minimum recommended internal cooking temperature for ground meats?
 - a. 130 F
 - b. 140 F
 - c. 145 F
 - d. 160 F
2. True or false, carcass maturity scores in beef are based on the actual chronological age of the animal recorded at the time of slaughter.
 - a. True
 - b. False
3. What are the functions of nitrite in processed meats?
 - a. contributes to the characteristic flavor and texture of processed meat products
 - b. corrects and preserves meat color
 - c. inhibits the growth of *Clostridium botulinum*
 - d. All the above
4. Growth promoting implants are NOT approved for use in which species?
 - a. Swine
 - b. Cattle
 - c. Sheep
 - d. Approved for all the above
5. Which of the following determines the regulatory standard for ham, i.e., "Ham", "Ham, water added", "Ham with natural juices", etc.?
 - a. The amount of added water
 - b. Protein Fat-Free
 - c. The weight of the ham
 - d. All the above
6. True or false, non-ambulatory or "downer" cattle can be slaughtered for human or animal consumption if the USDA protocol is followed.
 - a. True
 - b. False
7. True or false, meat protein contains all 9 essential amino acids.
 - a. True
 - b. False

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8. Which live age separates lamb from mutton?
 - a. 6 months
 - b. 9 months
 - c. 1 year
 - d. 2 years
9. Dietary fat is essential for absorption of which of the following vitamins?
 - a. Vitamin A
 - b. Vitamin B
 - c. Vitamin C
 - d. None of the above
10. True or false, fat in beef, pork and veal is less than 50% saturated.
 - a. True
 - b. False
11. True or false, the liver can produce 2-3 times more cholesterol than a person consumes. (slide 53)
 - a. True
 - b. False
12. What is the basic muscle contractile unit?
 - a. Sarcomere
 - b. Sarcoplasm
 - c. Sarcolemma
 - d. Sarcophile
13. Which of the following is NOT a primal cut in pork?
 - a. Shoulder
 - b. Rib
 - c. Loin
 - d. Leg
14. What was the name of the book written by Upton Sinclair which brought attention to the conditions in meat processing plants, and eventually led to the Meat Inspection Act of 1906?
 - a. The Forest
 - b. The Jungle
 - c. Where the Red Fern Grows
 - d. Old Yeller

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15. True or false, feed is withheld from livestock approximately 12 hours prior to slaughter to aid in evisceration and reduce the chance of visceral punctures?
- a. True
 - b. False
16. Which of the following is NOT required on a meat label by the FSIS?
- a. Establishment number
 - b. Inspection mark
 - c. Price per lb.
 - d. Handling instructions
17. A product labeled organic is most likely to be which of the following?
- a. Healthier
 - b. Safer
 - c. More humane
 - d. More expensive
18. What is an essential amino acid?
- a. An amino acid our bodies need more of than others
 - b. An amino acid that is hard to find in nature
 - c. An amino acid that makes us sick
 - d. An amino acid that cannot be produced by the human body
19. Yield grading is a measure of what?
- a. Quality
 - b. Cutability
 - c. Cleanliness
 - d. Safety
20. True or false, quality grading is a mandatory process paid for with tax dollars.
- a. True
 - b. False
21. True or false, the uniform retail meat identity standards, or URMIS, is a mandatory program to establish a single specific name for each retail cut.
- a. True
 - b. False

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22. Vegetarians are typically challenged maintaining sufficient levels of all but which of the following?
- a. Amino acids
 - b. Iron
 - c. Zinc
 - d. Cholesterol
23. In 1993, a major E. coli O157:H7 outbreak led to the industry wide testing for this organism in ground beef. Which fast food chain was this outbreak linked to?
- a. McDonald's
 - b. Jack in the Box
 - c. Wendy's
 - d. Burger King
24. Which of the following does NOT contribute to beef quality grade?
- a. Color
 - b. Maturity
 - c. Firmness
 - d. External fat
25. On a beef carcass with "A" maturity which of the following marbling scores would result in a grade of "Standard"?
- a. Small
 - b. Slight
 - c. Traces
 - d. None of the above
26. Which of the following is a USDA Quality grade of lamb?
- a. Select
 - b. Good
 - c. Standard
 - d. Commercial
27. True or false, bacteria will stop growing at refrigerated temperatures.
- a. True
 - b. False

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28. Which of the following has the longest refrigerated shelf life?
- a. Bacon
 - b. Corned Beef
 - c. Hot Dogs
 - d. Summer Sausage
29. True or false, rancidity is a sign that meat is no longer safe to eat and should be discarded immediately.
- a. True
 - b. False
30. Which is NOT a recommended way to defrost meat?
- a. Microwave oven
 - b. On the kitchen counter
 - c. Cold water
 - d. Refrigerator
31. Which is the quickest recommended method for defrosting meat?
- a. Microwave oven
 - b. On the kitchen counter
 - c. Cold water
 - d. Refrigerator
32. True or false, its best to let steaks reach room temperature before cooking.
- a. True
 - b. False
33. When cooking meat, which measurement should be monitored for food safety?
- a. Cooking Temperature
 - b. Internal temperature of the meat
 - c. Surface temperature of the meat
 - d. Outside Temperature
34. Prior to 2011, why wasn't fresh meat required to have nutritional info on the label?
- a. It is inspected by USDA, not FDA
 - b. Meat labeling laws pre-date the Nutritional Labeling Act
 - c. It is a single ingredient food
 - d. It doesn't have the required nutrients

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35. Although a rare steak is 125 F, what is the USDA recommended internal temperature of whole muscle products?
- a. 130 F
 - b. 140 F
 - c. 145 F
 - d. 160 F
36. Which is NOT a function of cholesterol in the body?
- a. Transport nutrients
 - b. Create hormones
 - c. Form bile salts to digest fats
 - d. Facilitate nerve transmission
37. Which of the following was NOT one of the four main impacts of the Meat Inspection Act of 1906?
- a. Antemortem inspection of livestock before slaughter
 - b. Postmortem inspection of every carcass
 - c. Sanitary conditions of all meat processing facilities
 - d. Authorized the Food and Drug Administration (FDA) to monitor and inspect harvesting and processing operations
38. Dry cooking methods should be used for ____ cuts of meat, while moist cooking methods should be used for ____ cuts of meat.
- a. Tough, tender
 - b. Tough, tough
 - c. Tender, tough
 - d. Tender, tender
39. If a frankfurter contains 25% added water, how much fat may it contain?
- a. 5%
 - b. 10%
 - c. 15%
 - d. 30%
40. Which of the following are NOT exceptions to the Humane Methods of Slaughter Act?
- a. Organic
 - b. Kosher
 - c. Halal
 - d. All the above are exceptions

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41. Food safety is the responsibility of _____.
a. Consumer
b. Producer
c. Processor
d. All the above
42. Which of the following is NOT one of the seven principles of HACCP?
a. Conduct a hazard analysis
b. Identify critical control points
c. Approve paperwork through USDA inspector
d. Establish critical limits
43. What is the "danger zone"?
a. 60 F to 160 F
b. 40 F to 140 F
c. 40 F to 160 F
d. 60 F to 140 F
44. Which of the following is not considered a vulnerable group to foodborne illness?
a. Senior citizens
b. Pregnant women
c. High school students
d. Immuno-compromised
45. Which foodborne illness can be fatal, but is prevented using nitrites?
a. E. coli
b. Botulism
c. Trichinosis
d. Listeriosis
46. What is the order if ingredients listed on a processed meats label?
a. By weight in decreasing order
b. Alphabetical
c. By weight in increasing order
d. By order of incorporation into brine
47. Which agency does NOT monitor drug residues in livestock?
a. USDA
b. CDC
c. FDA
d. EPA

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48. Which is not an “antioxidant” used to prevent rancidity in meat?
- a. BHA
 - b. BHT
 - c. Vitamin C
 - d. Vitamin A
49. What is the prescribed period the meat animal must not have received any compound or drug pre-harvest? This will allow ample time for the drug to pass through the animal's system.
- a. Residual Period
 - b. Withdrawal Period
 - c. Processing Period
 - d. Adulteration Period
50. True or false, the federal or state inspection mark indicates quality, ensuring the consumer an enjoyable eating experience.
- a. True
 - b. False