

2026 Skills Fest: Meat Knowledge Test

Please Mark All of the Answers on the Scantron. You will have 1 hour to complete.

1. What is the minimum safe internal temperature of whole muscle beef products recommended by USDA?
 - ☐ a. 125°F
 - ☐ b. 130°F
 - ☒ c. 145°F
 - ☐ d. 160°F
 - ☐ e. 165°F
2. The Humane Slaughter Act was originally passed in 1958 to ensure the proper treatment and humane handling of animals; which of the following animals were not included?
 - ☐ a. Swine
 - ☐ b. Sheep
 - ☐ c. Horses
 - ☐ d. Cattle
 - ☒ e. Chickens
3. Where are growth-promoting implants placed in cattle?
 - ☐ a. Intravenous
 - ☐ b. Neck
 - ☒ c. Ear
 - ☐ d. Hind Leg
 - ☐ e. Implants are not approved for cattle
4. Which act paved the way for creation of the Food and Drug Administration (FDA)?
 - ☐ a. Meat Inspection Act
 - ☒ b. Pure Food and Drug Act
 - ☐ c. Packers and Stockyards Act
 - ☐ d. Wholesome Meat Act
 - ☐ e. Human Methods of Slaughter Act
5. How long prior to harvest should feed be withheld from an animal to aid in evisceration?
 - ☐ a. 1 hour
 - ☒ b. 12 hours
 - ☐ c. 24 hours
 - ☐ d. 48 hours
 - ☐ e. Feed should not be withheld

6. Which of the following hormones used in growth-promoting implants is not a natural hormone?

- a. Estradiol
- b. Progesterone
- c. Testosterone
- d. Trenbolone Acetate

7. What is Vitamin B3 also commonly known as?

- a. Niacin
- b. Biotin
- c. Riboflavin
- d. Thiamine
- e. Folic Acid

8. A marbling score of Moderate50 would result in what quality grade for a "A" maturity beef carcass?

- a. Low Prime
- b. High Choice
- c. Average Choice
- d. Low Choice
- e. High Select

9. Which of the following is NOT a USDA Quality Grade for lamb?

- a. Good
- b. Select
- c. Choice
- d. Prime
- e. Cull

10. USDA Yield Grades are a predictor of what valuable carcass attribute?

- a. Palatability
- b. Quality
- c. Weight
- d. Cutability
- e. Tenderness

11. What method of ritual slaughter follows Jewish dietary laws?

- a. Halal
- b. Organic
- c. Kosher
- d. Gluten Free
- e. Paleo

19. 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

20. What is the grade for "A" maturity beef that has a marbling score of "Modest"?

- ☒ a. Low Select
- ☒ b. Low Choice
- ☒ c. Choice Average
- ☒ d. Low Prime

21. 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

22. Which of the following is NOT a primal cut in pork?

- ☒ a. Shoulder
- ☒ b. Rib
- ☒ c. Loin
- ☒ d. Ham

23. 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

24. 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

25. 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

12. Which of the following is NOT a primal cut of lamb?

- ☒ a. Shoulder
- ☒ b. Breast
- ☒ c. Rack
- ☒ d. Loin
- ☒ e. Round

13. All of the following are plant enzymes used to tenderize meat EXCEPT?

- ☒ a. Bromelain
- ☒ b. Ficin
- ☒ c. Neotame
- ☒ d. Papain

14. True/False: *Trichinella spiralis* is a nematode worm.

- ☒ a. True
- ☒ b. False

15. The "Brisket" primal comes from which species?

- ☒ a. Beef
- ☒ b. Lamb
- ☒ c. Pork
- ☒ d. Poultry

16. Which of the following is not one of the seven principles of HACCP?

- ☒ a. Conduct a hazard analysis
- ☒ b. Identify critical control points
- ☒ c. Recognize potential failures
- ☒ d. Establish corrective actions
- ☒ e. Establish record keeping procedures

17. PFF is used in regulatory standards of hams, what does PFF stand for?

- ☒ a. Percent Fat-Free
- ☒ b. Protein Fat-Free
- ☒ c. Pure Fat-Free
- ☒ d. Percent For Free
- ☒ e. Partially Fat-Free

18. True/False: If an antibiotic has been used to treat a disease, the animal will lose its organic status.

- ☒ a. True
- ☒ b. False

26. 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
27. 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
28. Food safety is the responsibility of ____.
- ☐ a. Consumer
 - ☐ b. Producer
 - ☐ c. Processor
 - ☒ d. All the above
29. 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
30. 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
31. 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
32. True or false, the federal or state inspection mark indicates quality, ensuring the consumer an enjoyable eating experience.
- ☒ a. True
 - ☐ b. False

33. What is the recommended minimum internal temperature for ground beef?

- a. 130 F
- b. 140 F
- c. 145 F
- d. 160 F

34. What additive increases water holding capacity of the processed meat product, resulting in a juicier final product?

- a. Phosphate
- b. Sugar
- c. Water
- d. Spices

35. Fat is essential for the absorption of fat-soluble vitamins. What are the four fat soluble vitamins?

- a. A, B, C, D
- b. A, D, E, K
- c. B, C, D, K
- d. A, B-6, B-12, K

36. Meat from a sheep more than one year of age is known as _____.

- a. Lamb
- b. Venison
- c. Mutton
- d. Chevon

37. Which common foodborne illness is associated with canned meats and seafood as well as smoked and processed meat. Possible fatalities are associated with nausea, vomiting, fatigue, dizziness and headache.

- a. Trichinosis
- b. Botulism
- c. E. coli
- d. Staphylococcal aureus

38. A _____ is defined as any substance with the intended use of which results in it becoming a component or otherwise affecting the characteristics of any food.

- a. Antimicrobial
- b. Food additive
- c. Letter of assurance
- d. Processing aid

39. What is the grade for "A" maturity beef that has a marbling score of "Small"?

- ☒ a. Low Standard
- ☐ b. Low Select
- ☐ c. Low Choice
- ☐ d. Low Prime

40. Which of the following is TRUE about the relationship between adverse weather conditions and livestock rate of gain?

- ☐ a. In very cold weather, animals consume less feed, increasing gain.
- ☐ b. In very cold weather, animals consume less feed, reducing gain.
- ☒ c. In very hot weather, animals consume less feed, reducing gain.
- ☐ d. In very hot weather, animals consume more feed, increasing gain.

41. Which of the following is a primal cut of beef?

- ☐ a. Breast
- ☒ b. Chuck
- ☐ c. Ham/Leg
- ☐ d. Shoulder

42. Estradiol, Progesterone, and Testosterone are examples of ____.

- ☐ a. Antibiotics
- ☒ b. Beta-agonists
- ☐ c. Hormones
- ☐ d. Sterols

43. What are the numerical measurements of the percentage of boneless, closely trimmed retail cuts of a carcass?

- ☐ a. Inspections Stamps
- ☐ b. Maturity Classes
- ☐ c. Quality Grades
- ☒ d. Yield Grades

44. The physiological age of a lamb carcass can be determined by evaluating the joints of the ____ and ribs.

- ☐ a. Back shanks
- ☒ b. Front shanks
- ☐ c. Hips
- ☐ d. Scapula

45. After a power outage, meat in the refrigerator is safe for 6 to 8 hours, unless meat temperature rises above ____ for more than 2 hours.

- ☐ a. 10°F
- ☐ b. 20°F
- ☐ c. 30°F
- ☐ d. 40°F

46. In meat products, what is the major reason for net weight loss from packaging to counter?

- ☐ a. Fat evaporation
- ☐ b. Loss of vitamins and minerals
- ☐ c. Moisture loss
- ☐ d. Protein breakdown

47. What compounds are used to absorb oxygen, reducing or preventing the oxidation of food?

- ☐ a. Anaerobic oxidants
- ☐ b. Antioxidants
- ☐ c. Curing Corroders
- ☐ d. Oxygen Inhibitors

48. Maturity classes divide meat into categories based on age. Which of the following utilize maturity classes?

- ☐ a. Cattle & Pork
- ☐ b. Cattle & Sheep
- ☐ c. Goats & Pork
- ☐ d. Pork & Sheep

49. What is another term for Cold Cuts?

- ☐ a. Cured meats
- ☐ b. Luncheon meats
- ☐ c. Meat by-products
- ☐ d. Variety meats

50. What does the acronym HACCP stand for?

- ☐ a. Hazmat Critical Control Point
- ☐ b. Hazard Analysis Critical Control Point
- ☐ c. Hazard Awareness Critical Collection Program
- ☐ d. Harmful Analysis Crucial Control Program
- ☐ e. Gluteus medius

2020 Ridgewater Skills Fest

FPA Exam Key

1. c	11. c	21. b	31. b	41. c
2. e	12. e	22. b	32. b	42. c
3. c	13. c	23. b	33. d	43. d
4. b	14. a	24. d	34. a	44. b
5. b	15. a	25. b	35. b	45. d
6. d	16. c	26. b	36. c	46. c
7. a	17. b	27. c	37. b	47. b
8. b	18. a	28. d	38. b	48. b
9. b	19. d	29. b	39. c	49. b
10. d	20. c	30. a	40. c	50. b

