

Meat Nutrition

slides 44-57

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1. Isoleucine is an essential amino acid found in meat.

- A. True
- B. False

2015

(CEV Meat Science & Food Safety slide #47)

2. All of the following are essential amino acids EXCEPT

- A. Histidine
- B. Iodine
- C. Lysine
- D. Threonine

2015

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3. Typically, an ounce of meat contains ____ grams of protein.

- A. 3
- B. 7
- C. 13
- D. 17

2015

(CEV Meat Science & Food Safety slide #48)

4. Which component found in meat contains the most energy per gram?

- A. Fat
- B. Iron
- C. Protein
- D. Water

2015

(CEV Meat Science & Food Safety slide #49)

5. Which component found in meat contains the most energy per gram?

- A. Fat
- B. Iron
- C. Protein
- D. Water

2013

(CEV Meat Science & Food Safety slide #49)

6. Which of the following nutrients is NOT a major component of fresh meat?

- a. Water
- b. Carbohydrates
- c. Protein
- d. Fat

2019

(CEV Meat Science & Food Safety slide #46)

7

7. Which component of meat is responsible for body structure and chemical reactions essential to life?

A. Carbohydrates
B. Fat
C. Protein
D. Water

2013

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8

8. Which of the following is NOT a significant component of meat?

A. Hormone
B. Fat
C. Iron
D. Protein

2013

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9

9. Isoleucine is an essential amino acid found in meat.

A. True
B. False

2017

(CEV Meat Science & Food Safety slide #47)

10

10. All of the following are major components of meat essential to good health EXCEPT

A. Zernal
B. Fat
C. Iron
D. Protein

2017

(CEV Meat Science & Food Safety slide #45)

11

11. Which component found in meat contains the most energy per gram?

A. Fat
B. Iron
C. Protein
D. Water

2017

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12

12. Which nutrient's primary function is to aid in the repair and maintenance of body cells?

A. Carbohydrate
B. Fat
C. Protein
D. Water

2018

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13

13. Lysine is an essential amino acid found in meat.

A. True
B. False

2018

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14

14. Which nutrient is essential for the absorption of vitamins A, D, E, and K?
- A. Carbohydrates
 - B. Fat
 - C. Minerals
 - D. Protein

2018

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15

15. _____ is an essential amino acid for children, but not adults.
- a. Isoleucine
 - b. Phenylalanine
 - c. Arginine
 - d. Valine

2019

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16

16. Which of the following nutrients is NOT a major component of fresh meat?
- a. Water
 - b. Carbohydrates
 - c. Protein
 - d. Fat

2021

Slide 46

17

17. What chemical compound in the body's system is used to synthesize Vitamin D, create hormones, and form bile salts to aid in digestion of fats?
- a. Cholesterol
 - b. Protein
 - c. Bromelin
 - d. Lecithin

2021

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18

18. Which is not a fat-soluble vitamin?
- a. A
 - b. C
 - c. D
 - d. K

2019

(CEV Meat Science & Food Safety slide #50)

19

19. Generally, three ounces of lean lamb contains 74 percent of the RDA for ____.
- A. Carbohydrates
 - B. Protein
 - C. Vitamin B12
 - D. Zinc

2017

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

20

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

2021

Slide 50

21. Riboflavin is an example of these water soluble vitamins.

21

- A. A Vitamins
- B. B Vitamins
- C. C Vitamins
- D. D Vitamins

2017

(CEV Meat Science & Food Safety slide #53)

22. Generally, three ounces of lean lamb contains 74 percent of the recommended daily allowance (RDA) for ____.

22

- A. Carbohydrates
- B. Protein
- C. Vitamin B12
- D. Zinc

2018

(CEV Meat Science & Food Safety slide #57)

23. Which of the following contains the fewest calories per ounce?

23

- A. Cheddar cheese
- B. Lean meat
- C. Peanut butter
- D. Swiss cheese

2013

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24. Which component of meat is used to synthesize vitamin D, create hormones, and form bile salts to aid in fat digestion?

24

- A. Cholesterol
- B. Copper
- C. Folic Acid
- D. Protein

2013

(CEV Meat Science & Food Safety slide #51)

25. Which is the thin myofilament in the sarcomere?

25

- A. Actin
- B. Bundle
- C. Fiber
- D. Myosin

2013

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26. _____ fats contain only single bonds between carbon atoms, while _____ contain one or more double bonds between carbon atoms.

- a. Monounsaturated; Polyunsaturated
- b. Monounsaturated; Saturated
- c. Unsaturated; Saturated
- d. Saturated; Unsaturated

2019

(CEV Meat Science & Food Safety slide #50)

27. Lean Meat contains less fat than peanut butter, cheddar cheese or Swiss cheese.

- a. True
- b. False

2019

(CEV Meat Science & Food Safety slide #57)

28. Riboflavin is an example of these water soluble vitamins.

- A. A Vitamins
- B. B Vitamins
- C. C Vitamins
- D. D Vitamins

2018

(CEV Meat Science & Food Safety slide #53)