

Family and Consumer Science Beef Pre-Test

1. *The US Department of Agriculture grades all beef available to purchase.*
True_____ False_____
2. *Name the top three quality grades of beef.*_____
3. *Which type of fat is responsible for beef flavor and to some degree tenderness?*
A. External B. Intermuscular (seam) C. Intramuscular (marbling)
4. *Aging beef creates what benefit?*
A. Better flavor B. Increased tenderness C. Better Color
5. *According to the Center for Disease Control, where do most food safety problems occur?*
A. At home B. At food processing plants C. At foodservice establishments
6. *Fresh beef should be stored at temperatures between 35-40 degrees F.*
True_____ False_____
7. *Beef should be frozen at temperatures between -50 to 0 degrees F.*
True_____ False_____
8. *Frozen beef must be thawed before cooking.*
True_____ False_____
9. *Ground beef has a shorter shelf life than whole muscle cuts of beef when refrigerated.*
True_____ False_____
10. *Beef contains more cholesterol than chicken.*
True_____ False_____
11. *Beef is a significant source of which of the following nutrients? (mark all that apply)*
____iron ____vitamin B-12 ____calcium ____zinc
____niacin ____vitamin D ____protein
12. *The most tender cut of beef is the_____.* (hint: part of the answer is in the question)
13. *Cuts from the rib and loin are more tender than cuts from the chuck and round.*
True_____ False_____
14. *Dry heat cooking will break down tough connective tissue found in less tender cuts of beef.*
True_____ False_____
15. *Hormone free beef is available in most supermarkets.*
True_____ False_____
16. *The most accurate way to tell if ground beef is cooked properly is to cook it until there is no more pink color and the juices run clear.*
True_____ False_____
17. *It is not safe to eat an oven roast that is pink in the middle (145° F)*
True_____ False_____
18. *Deli roast beef that has a rainbow sheen on the exterior is spoiled and should be discarded.*
True_____ False_____