

Name: _____

Date: _____

Meat and Meat Composition Quiz

Grade: _____

Section A:

Multiple Choice: Circle the correct answer to the question.

1. Meat is referred to as:
 - a. Food we eat.
 - b. All animals flesh.
 - c. Edible flesh of four legged animals.
 - d. Edible flesh of all animals.

2. The function of protein is:
 - a. To provide the body with energy.
 - b. To build, repair and maintain body cells.
 - c. To add flavor to food.
 - d. To cushion organs.

3. The function of iron is:
 - a. To carry oxygen to body tissues through the blood.
 - b. To carry carbon dioxide to body tissues through the blood.
 - c. To carry food to body tissues through the blood.
 - d. To give you energy.

4. Meat consists of _____ % of water.
 - a. 19
 - b. 2.5
 - c. 2.3
 - d. 75

5. Which grade of beef has the highest/best quality and found in high end restaurants.
 - a. Choice
 - b. Prime
 - c. Select

Section B:

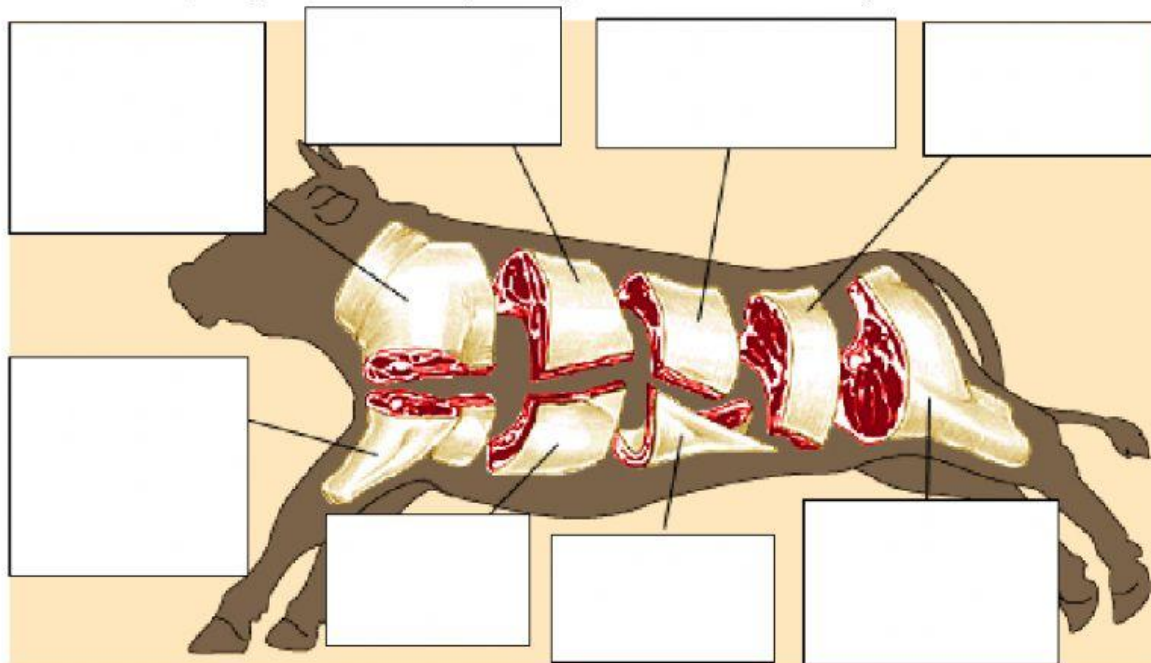
Fill-in-the-Blank: Using the word bank below, fill in the blank that best describes the sentences.

Lean Tissue	Marbling	Collagen	Elastin
Sweetbreads	Tripe	Chitterlings	

6. _____ Cleaned intestines.
7. _____ Fat deposited within the muscle tissue.
8. _____ White part of the muscle that does not stretch.
9. _____ The inner lining of the stomach of animals.
10. _____ Yellow-ish portion of meat that does not tenderize while cooking.
11. _____ The thymus glands of veal and lamb.
12. _____ One or more muscles that make up many bundles of muscle fiber.

Section C:

Match: Identify the parts of the cow by writing the names in the blank spaces.



Use the following words: Round, Breast, Sirloin, Rib, Sirloin, Chuck, Plate, Flank