

Food chain chase COOK questions

Name a suitable and healthy cooking method for pork sausages.

Answers: Casseroling, baking, barbecuing or grilling

Name a suitable and healthy cooking method for beef burgers.

Answers: Barbecuing or grilling

Name a suitable cooking method for lamb rump steak?

Answers: Roasting, barbecuing, stir frying or grilling

Name a suitable cooking method for a leg of lamb.

Answer: Pot roasting or roasting

Which cooking method cooks or browns food quickly under the radiant heat of an electric element or gas flame.

Answer: Grilling or electric or gas barbecuing

Which cooking method involves cooking a joint of meat which has first been browned on top with vegetables, with very little liquid in a pot with a tight fitting lid?

Answer: Pot roasting

Which cooking method involves cooking cuts of meat using dry, high temperatures in an oven?

Answer: Roasting

Which cooking method involves cooking food (normally in an outdoor environment) on a pre-heated trivet or grill, over wood or charcoal embers?

Answer: Barbequing

True or false? The name 'banger' for sausages was adopted during the Second World War because they contained so much water they exploded when fried.

Answer: True

Name one place where consumers can purchase meat?

Answer: Butcher, supermarket, farm shop and/or online

What is the name of the liquid in which is added to meat for several hours or overnight to hydrate and tenderise the meat?

Answer: Marinade
The liquid usually contains an acid such as lemon juice, tomato, vinegar or wine.

When pork ribs are grilled what method of heat transfer is taking place?

Answer: Radiation

When lamb neck fillet is stir fried what method of heat transfer is taking place?

Answer: Conduction

When beef topside is roasted, what method of heat transfer is taking place?

Answer: Convection

True or false? During cooking the elastin in meat muscle becomes soft and soluble and forms gelatine.

Answer: False
Elastin in the meat muscle remains tough even when cooked.

Name one example of offal.

Answer: Oxtail, heart, liver and kidney

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True or false? The colour of meat is largely due to the red protein called myoglobin and some haemoglobin (blood) left in the muscle.

Answer: True

True or false? Mince, burgers and sausages should be thoroughly cooked (until the juices run clear) and piping hot before serving.

Answer: True

True or false? Raw meat should be kept wrapped and stored on a separate shelf in the refrigerator away from cooked items.

Answer: True

True or false? Food thermometers can be used to check the internal food temperature of large cuts of meat.

Answer: True

True or false? Carcase meat is prepared into cuts, joints and mince to make it: convenient to buy in smaller amounts; convenient to buy in suitable portions sizes, e.g. chops, steaks; easier to prepare and quicker to cook and easier to store safely.

Answer: True

True or false? Butchers make standard mince with beef, lamb or pork meat and add herbs and spices to enhance the flavour.

Answer: False
Mince is 100% meat.

True or false? The front half (forequarters) of a carcase contains fewer muscles (per cut of meat), which has done less work and has less connective tissue, and therefore produce the most tender cuts of meat.

Answer: False **The rear half (hindquarters) produces the tender cuts.**

True or false? Tougher cuts of meat can be tenderised by physical force, enzymes or marinades.

Answer: True

What piece of equipment can be used to check the internal temperature of large cuts of meat?

Answer: A food thermometer.

True or false? Once frozen raw meat is defrosted it is safe to re-freeze it.

Answer: False

Where should marinated meat be stored?

Answer: In the refrigerator.

How should raw meat be stored in the refrigerator?

Answer: Raw meat should be wrapped and stored on a separate shelf away from cooked items.

True or false? Minced meat is 100% meat (typically containing 10-25% fat), with no added water, additives, fillers or other ingredients.

Answer: True

What is the minimum percentage amount of pork meat legally required in a pork sausage?

Answer: 42%

How long should leftovers be stored in the refrigerator?

Answer: Up to two days.

True or false? Red meat includes beef, veal, pork and lamb (fresh, minced and frozen).

Answer: True

Food chain chase FARM questions

True or false? Farmers are breeding animals which have a greater proportion of lean meat and less fat.

Answer: True

True or false? Animals need the same diet all year round.

Answer: False
Animals will have different needs depending on their stage of life and the season of the year, which affects how much fresh grass is available.

True or false? When livestock are first born, they will be allocated a passport which records where the animal was born.

Answer: True
The passport travels with the animal and aids traceability within the food chain.

Which flag can be seen on the Red Tractor Food Assurance logo?

Answer: United Kingdom

Large White, Landrace, Duroc and Hampshire are all types of breeds from which animal?

- A. Cow
- B. Pig**
- C. Sheep

Welsh Mountain, Blue Faced Leicester, Suffolk and Charollais are all types of breeds from which animal?

- A. Cow
- B. Pig
- C. Sheep**

True or false? Livestock housing must meet certain criteria, including good ventilation and allow the animals to move and be sociable.

Answer: True

Name the food assurance scheme in the United Kingdom which sets high standards for the industry and provides customer assurance.

Answer: The Red Tractor Farm Assurance scheme.

Hereford, Galloway, Beef shorthorn and South Devon are all types of breeds of which animal?

- A. Cow**
- B. Pig
- C. Sheep

True or false? The lot or batch number on red meat packaging creates traceability back through processing, to the farm.

Answer: True

True or false? Animal ear tags are used as part of the passport scheme which records details about the animal's birth and helps trace the animal through its life.

Answer: True

Why do farmers maintain hedgerows and patches of wild grass?

- a. To create fences for the fields to keep the farm animals from leaving.
- b. To encourage wild birds and insects to thrive and help improve biodiversity.**
- c. To use up land they cannot use for farming.

True or false? Some farmers will use manure from animals housed indoors as fertiliser for growing crops.

Answer: True

True or false? Farmers spend a lot of time with the livestock monitoring their health and welfare and producing feed, such as silage.

Answer: True

True or false? Animal production methods in Britain do permit the use of growth hormones.

Answer: False

When did the domestication of livestock first take place?

- A. 40,000-20,000BC
- B. 12,000-5,000 BC**
- C. 5,000-1,000BC

Food chain chase ENJOY questions

True or false? It is safe to eat meat during pregnancy, although liver should be avoided.

Answer: True

Which nutrient provides the most amount of energy per gram?

- A. Carbohydrate
- B. Fat**
- C. Protein

Which nutrient is the richest dietary source of energy and supplies essential nutrients such as fat soluble vitamins and essential fatty acids?

Answer: Fat

Which B vitamin is only naturally available in meat and meat products?

Answer: Vitamin B₁₂

Which method of cooking uses no fat?

- A. Deep frying
- B. Dry-frying**
- C. Shallow frying

What are the building blocks of protein?

Answer: Amino acids

True or false? The body can produce all the amino acids necessary for health.

Answer: False
Some amino acids cannot be made by the body. These are called essential amino acids and are required in the diet.

How many kilojoules (kJ) of energy are provided by one gram of protein?

Answer: 17 kilojoules

True or false? Protein from animals has a low biological value.

Answer: False
Protein from animals has a high biological value because it provides all the essential amino acids the body needs.

Changes in which area has not led to a decline in the fat content of carcass meat?

- A. Climate and weather patterns.**
- B. Animal feeds and modern butchery techniques.
- C. Food processing technologies and breeding programmes.

True or false? Meat and animal products are the only foods that naturally provide vitamin B₁₂.

Answer: True.

True or false? B vitamins help release energy from macronutrients (carbohydrate, protein and fat) for use by the body.

Answer: True.

Which nutrient comprises essential amino acids and is essential for growth, maintenance and repair of the body?

Answer: Protein

True or false? Iron from meat is readily absorbed by the body.

Answer: True

Which mineral is essential for normal reproductive development, a healthy immune system and healing of wounds?

Answer: Zinc

Which mineral is essential for the formation of haemoglobin in red blood cells, plays an important role in the immune system and is required for normal energy metabolism?

Answer: Iron

Food chain chase ENJOY questions

How many kilojoules (kJ) of energy are provided by one gram of carbohydrate?

Answer: 16 kilojoules

How many kilojoules (kJ) of energy are provided by one gram of fat?

Answer: 37 kilojoules

True or false? Meat provides virtually no carbohydrate, variable amounts of fat but principally protein.

Answer: True

True or false? Meat with a higher fat content will provide the body with a lower amount of energy?

Answer: False

True or false? Fully trimmed lean raw beef typically contains only 5% fat, fully trimmed lean raw pork only 4% fat and fully trimmed lean raw lamb only 8% fat.

Answer: True

True or false? Red meat provides the mineral selenium, an important antioxidant, which has been linked to normal function of the immune system.

Answer: True

True or false? Fresh red meat is naturally high in salt.

Answer: False

True or false? Processed meat refers to meat that has been preserved by smoking, curing, salting or adding preservatives.

Answer: True

True or false? Pork is a rich source of Thiamine (Vitamin B₁), important for energy release and healthy function of the nervous system.

Answer: True

True or false? Red meat contains small amounts of omega-3 fats, which help to keep the heart healthy.

Answer: True

True or false? Foods high in protein, e.g. red meat, can increase satiety (the feeling of fullness).

Answer: True

What is the current salt content of bacon?

- A. 2-3%**
- B. 5-7%
- C. 10-12%

True or false? People who consume over 90g of cooked red and processed meat each day are recommended to cut down.

Answer: True
Most people in the UK are already consuming less.

What symptom do people with low iron levels experience?

Answer: Tiredness or fatigue

True or false? Vitamin C can help the body absorb iron from meat sources.

Answer: False
Vitamin C will help with the absorption from non-meat sources.

True or false? More than half the fat provided by lean red meat is monounsaturated.

Answer: True