

# INGREDIENT of the MONTH

## Ingredient of the Month Quiz

May 2024 - Pork

After you read through this month's Ingredient of the Month, take this quiz to test your knowledge. In order to earn continuing education hours (CEHs) from the American Culinary Federation (ACF), the test must be completed through the ACF's Online Learning Center. Seventy-five percent accuracy is required to earn one hour of continuing education credits toward professional certification.

- 1. What did swine breeders shift their focus to as lard-type pigs dwindled in popularity?**
  - a. Larger pig breeds
  - b. Heritage pig breeds
  - c. Leaner varieties
  - d. Wild pig species
- 2. A 4-ounce serving of lean pork provides about 40% of the DV of protein for a sedentary adult weighing 175 pounds.**
  - a. True
  - b. False
- 3. Which bioactive compound found in pork plays a role in energy metabolism and muscle function/performance?**
  - a. Taurine
  - b. Niacin
  - c. Creatine
  - d. Glutathione
- 4. What swine breed is recognized for its well-marbled meat with excellent flavor and tenderness?**
  - a. Hampshire
  - b. Landrace
  - c. Ibérico
  - d. Duroc
- 5. The Berkshire breed of pork is recognized for its high-quality meat and is considered a heritage breed.**
  - a. True
  - b. False
- 6. When selecting pork for cooking, what purpose does the marbling serve?**
  - a. Adds color to the meat
  - b. Provides flavor and tenderness
  - c. Reduces fat content
  - d. Decreases cooking time
- 7. What is the recommended action if pork is suspected to be spoiled?**
  - a. Taste a small portion
  - b. Cook it promptly
  - c. Use the rule of "when in doubt, throw it out"
  - d. Cook it thoroughly
- 8. What form of pork ribs are characterized as being larger and meatier?**
  - a. Baby back ribs
  - b. Spareribs
  - c. Both are the same
  - d. Neither is meaty
- 9. Which cooking method is most appropriate for pork cheeks to optimize flavor and tenderness?**
  - a. Grilled
  - b. Cured
  - c. Pan-seared
  - d. Braised
- 10. Which state, who marketed 48 million hogs in 2018, ranks as the top pork-producer in the United States?**
  - a. Texas
  - b. North Carolina
  - c. Iowa
  - d. Minnesota

