

INGREDIENT of the MONTH

Ingredient of the Month Quiz

May 2025 - Cultured Meat

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. Who predicted in 1931 that we would one day grow only the parts of meat we want?**
 - a. Albert Einstein
 - b. Nikola Tesla
 - c. Winston Churchill
 - d. Thomas Edison
- 2. What is a bioreactor used for in cultured meat production?**
 - a. Shaping the meat into final forms
 - b. Providing warmth and nutrients for cell growth
 - c. Preserving the final product for consumption
 - d. Cooking the meat to kill bacteria
- 3. Cultured meat contains zero fat, making it ideal for every diet.**
 - a. True
 - b. False
- 4. Which essential nutrient in cultured meat supports immune function and helps with taste and smell?**
 - a. Calcium
 - b. Iron
 - c. Vitamin C
 - d. Zinc
- 5. What is one benefit of cultured lamb and other red meats being developed?**
 - a. Customizable omega-3 levels
 - b. Ability to eliminate all protein
 - c. Increased saturated fat
 - d. Cross-breeding flavors
- 6. Which claim might you find on a package of cultured meat?**
 - a. Grass-fed and cage-free
 - b. Custom fat composition
 - c. Grown with antibiotics
 - d. Dry-aged and wood-smoked
- 7. What is the recommended refrigerator temperature for storing uncooked cultured meat?**
 - a. Room temperature
 - b. 50°F (10°C)
 - c. 45°F (7°C)
 - d. 40°F (4°C) or below
- 8. The clean production process of cultured meat supports lightly cooked or raw dishes like tartare and carpaccio.**
 - a. True
 - b. False
- 9. How much less land could cultured meat use compared to traditional livestock farming?**
 - a. Up to 95%
 - b. Up to 75%
 - c. Up to 25%
 - d. Up to 5%
- 10. Why should the cultured beef burger patties be loosely packed before smashing?**
 - a. To make them easier to flip
 - b. To avoid overcooking
 - c. To create a moist center
 - d. To maximize crust formation

