

SKILLATHON



ACTIVITY

SENIOR

Pork Cooking Knowledge

NAME: _____

Answer the questions regarding Pork Cooking Methods. Please put your name on the quiz.

1. What is the most popular cut from the loin?
 - a. Loin Roast
 - b. Chop
 - c. Tenderloin
 - d. Country Style Ribs
2. Roast, tenderloin, and chops should be cooked to what internal temperature?
 - a. 140°F
 - b. 140°C
 - c. 145°C
 - d. 145°F
3. What is the desired resting time for pork?
 - a. 5 Minutes
 - b. 4 minutes
 - c. 3 minutes
 - d. 2 minutes
4. Ground pork should be cooked to?
 - a. 145°F
 - b. 150°F
 - c. 155°F
 - d. 160°F
5. What range of temperatures does bacteria grow in?
 - a. 40°F and 140°F
 - b. 45°F and 145°F
 - c. 60°F and 155°F
 - d. 55°F and 160°F
6. What is the best way to thaw frozen pork?
 - a. Let sit out on the counter over night
 - b. In the refrigerator in its wrapping
 - c. Microwave
 - d. There is no need to thaw frozen pork
7. What is the average serving size of pork?
 - a. 5 oz. of cooked meat
 - b. 6 oz. of cooked meat
 - c. 4 oz. of cooked meat
 - d. 3 oz. of cooked meat
8. What is the formula to calculate cost/ serving?
 - a. $\text{Cost/serving} = \frac{\text{\#of servings per pound}}{\text{cost per pound}}$
 - b. $\text{Cost/serving} = \frac{\text{\# of cooked ounces}}{\text{\# of people}}$
 - c. $\text{Cost/serving} = \frac{\text{Cost per pound}}{\text{\# of servings per pound}}$
 - d. $\text{Cost/serving} = \frac{\text{\# of servings per pound}}{\text{\# of cooked ounces}}$
9. True or False? Any cuts from the loin, like pork chops and pork roast are leaner than skinless chicken thigh.
10. True or False? Pork should be completely white when cooked to 145° Farenheit.
11. Please match the correct vitamin or mineral with the correct percent daily value.

<u>Mineral/Vitamin</u>	<u>% Daily Value</u>
a. Iron	g. 5 %
b. Magnesium	h. 19 %
c. Riboflavin	i. 20 %
d. Vitamin B-6	j. 6 %
e. Phosphorus	k. 37 %
f. Vitamin B-12	l. 8 %



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KEY

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- What is the most popular cut from the loin?
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- What is the desired resting time for pork?
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- Ground pork should be cooked to?
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- What range of temperatures does bacteria grow in?
 - 40°F and 140°F
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- What is the best way to thaw frozen pork?
 - Let sit out on the counter over night
 - In the refrigerator in its wrapping
 - Microwave
 - There is no need to thaw frozen pork
- What is the average serving size of pork?
 - 5 oz. of cooked meat
 - 6 oz. of cooked meat
 - 4 oz. of cooked meat
 - 3 oz. of cooked meat
- What is the formula to calculate cost/ serving?
 - Cost/serving = #of servings per pound/ cost per pound
 - Cost/serving = # of cooked ounces/ # of people
 - Cost/serving = Cost per pound/ # of servings per pound
 - Cost/serving = # of servings per pound/ # of cooked ounces
- True or False? Any cuts from the loin, like pork chops and pork roast are leaner than skinless chicken thigh.
- True or False? Pork should be completely white when cooked to 145° Farenheit.
- Please match the correct vitamin or mineral with the correct percent daily value.

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a - g
 b - j
 c - h
 d - k
 e - j
 f - l



INSTRUCTIONS

SKILLATHON



SENIOR Pork Cooking Knowledge

Have each participant complete the quiz about Pork Cooking Knowledge. Each participant will get a quiz, so please make sure they put their full name on the quiz.

**Questions #1-8 are worth 2 points each. Questions #9-10 are worth 1 point each.
Question #11 is worth 1 point for every correct match for a total of 6 points.**

Once the participant has completed the station, please circle the number of answers that they got correct on their score sheet. There is a corresponding point value for the number correct. Please score their score sheet and pass it to the station facilitator behind you.

Scoring: The total of all the questions is 24 points. Since our stations have to equal 25 points every participant will receive 1 free point, making this station a grand total of 25 points.

*****The station total is 25 points.**

*Thank you very much for volunteering to help with the skillathon. Please remember to complete the skillathon facilitator information sheet and leave it on your stations table at the end of the competition. **Thank You!***



SKILLATHON



STATION # _____

SENIOR

Cooking

Knowledge

