Sample Test Questions Chapter 12: Understanding Poultry and Game Birds

Fill in the blanks with the term defined in each statement.

1. The most important factor that determines the tenderness of a class of poultry: __________________________
2. Federal government procedure that guarantees the wholesomeness of poultry: __________________________
3. Federal grade of chicken most often used in food service: __________________________
4. The part of a chicken that is lowest in fat and quickest cooking: __________________________
5. Covering the breast of a bird with a thin layer of fat to protect it from drying while roasting: __________________________
6. Special breed of tender young chicken usually weighing about one pound: __________________________
7. Castrated male chicken raised for its tender, flavorful flesh: __________________________
8. A mature female chicken that must be cooked with moist heat to make it tender: __________________________
9. A young pigeon with tender flesh: __________________________
10. Tying the legs and wings of poultry against the body to make a compact unit for cooking: __________________________
11. Raised without various chemical growth enhancers or without certain antibiotics: __________________________
12. The thick boneless breast of moulard duck: __________________________
13. A domesticated relative of the pheasant: __________________________
14. A chicken that is allowed to move freely outdoors while being raised: __________________________

Multiple Choice

15. There will be more connective tissue in a piece of poultry that comes from ________.
   (a) a younger animal
   (b) a muscle that has been used or exercised extensively
   (c) a water fowl (e.g., duck or goose) than a land bird (e.g., chicken or turkey)
   (d) all of the above

16. Which of the following sets of words correctly completes the following sentence? ________ birds can be successfully cooked by ________ methods, whereas ________ birds need to be cooked with ________ methods.
   (a) Young, moist-heat, old, dry-heat
   (b) Young, dry-heat, old, moist-heat
   (c) Old, dry-heat, young, moist heat
   (d) none of the above
17. Free-range chickens __________.
   (a) eat outdoors
   (b) are allowed to move around freely
   (c) are raised in a more "natural" environment than nonfree-range chickens
   (d) all of the above

18. Myoglobin is _________________________________.
   (a) a type of protein that stores oxygen
   (b) is the compound that makes “dark meat” dark
   (c) is more abundant in active muscles than in little-used muscles
   (d) all of the above

19. A basic difference between "light meat" and "dark meat" in poultry is that "dark meat" __________.
   (a) has less fat
   (b) takes longer to cook
   (c) has less connective tissue
   (d) all of the above

20. Chef Volaille asked his students to describe a major problem that occurs during the process of roasting poultry. Which of his students gave the best answer?
   (a) Linda: "Making sure that the breast is not undercooked."
   (b) Cindy: "Cooking the legs to doneness without overcooking the breast."
   (c) Hugh: "Overcooking the dark meat and undercooking the white meat."
   (d) Ricky: "Finding a cooking method that will tenderize free-range poultry."

21. On of basis of the following statements, which of the following students would be most likely to prepare a turkey whose breast was dry and overcooked?
   (a) Tyler: "I like to bard a turkey breast with a thin layer of pork fat to keep it moist."
   (b) Julie: "I place my turkeys breast-side-down when I roast them to that the fat from the rest of the bird is drawn by gravity to the breast."
   (c) James: "I prefer to baste my turkey with water or stock (instead of fat) in order to avoid the excess calories and cholesterol that the fat would add."
   (d) Heather: "I cook the breast and leg sections of my larger turkeys separately because I know they require different cooking times to reach correct doneness."

22. The shape of the carcass; the amount of flesh; the amount of fat; the presence or absence of pinfeathers; skin tears, cuts, or broken bones; and blemishes or bruises are the basis for the _____ of poultry.
   (a) grading
   (b) inspection
   (c) classification
   (d) all of the above
23. When Chef Hahn orders his poultry, he is always careful to specify "whole" or "cut-up." This specification refers to which of the following terms for classifying poultry?
   (a) size
   (b) kind
   (c) style
   (d) class

24. A __________ is a castrated chicken.
   (a) squab
   (b) capon
   (c) guinea
   (d) rooster

25. A partridge, ready for roasting, weighs about
   (a) 6 oz
   (b) 1 lb
   (c) 1½ lb
   (d) 2-3 lb

26. Which of the following is not a type of chicken, turkey, duck, or goose?
   (a) squab
   (b) capon
   (c) Rock Cornish game hen
   (d) all of the above

27. A poussin is a type of __________.
   (a) duck
   (b) pigeon
   (c) turkey
   (d) chicken

28. Compared with chickens and turkeys, __________ have a thicker layer of fat under their skin and a lower yield.
   (a) geese
   (b) ducks
   (c) capons
   (d) both a and b

29. Which of the following is false about quail?
   (a) It is possible to buy boneless quail.
   (b) Quail are usually served two per portion for a main course.
   (c) They are usually classified as a game bird.
   (d) It is not possible to raise them commercially.
30. Which of the following chicken classes → usual cooking methods is incorrect?
   (a) roasters and capons → roasting
   (b) hens and roosters → simmered or braised
   (c) broilers and fryers → sautéing, broiling, or frying
   (d) none of the above

31. Which of the following is the correct order (from youngest → oldest) of types of chickens?
   (a) Rock Cornish game hen → broiler/fryer → roaster → capon → hen/cock
   (b) capon → roaster → Rock Cornish game hen → hen/cock → broiler/fryer
   (c) hen/cock → capon → roaster → broiler/fryer → Rock Cornish game hen
   (d) broiler/fryer → hen/cock → roaster → Rock Cornish game hen → capon

32. A guinea is a __________.
   (a) young pigeon
   (b) castrated chicken
   (c) Rock Cornish game hen
   (d) relative of the pheasant

33. Ideally, poultry should be used within __________ of receiving, and never more than __________.
   (a) 2 hours, 1 day
   (b) 24 hours, 4 days
   (c) 1 week, 2 months
   (d) 1 month, 6 months

34. The internal temperature of a large roasted bird should be at least __________.
   (a) 150°F (66°C)
   (b) 165°F (74°C)
   (c) 180°F (82°C)
   (d) 212°F (100°C)

35. The least preferable way to determine the doneness of a small bird is to __________.
   (a) test for looseness of joints
   (b) observe the juices inside the cavity
   (c) check for flesh separating from the bone
   (d) pierce deeply with a fork and twist the flesh

36. When a small bird is done, __________.
   (a) it will be firm to the touch
   (b) juices inside its cavity will be clear yellow rather than cloudy and red or pink
   (c) its legs will move freely in their sockets and its flesh will begin to pull away from the bones
   (d) all of the above
37. Which of the following is the **least** appropriate cooking method for wild duck?
   (a) sautéing  
   (b) grilling  
   (c) roasting  
   (d) simmering

38. When cutting up a chicken, it is possible to __________.
   (a) split it for boiling  
   (b) cut it up into semiboneless portions  
   (c) cut it into quarters or eighths with the bones remaining in  
   (d) all of the above

**True/False**

39. The classes of chickens called broilers and fryers should be broiled or fried only. They are not suitable for other cooking methods.
40. One way to prevent roast chickens from becoming dry is to baste them with stock during cooking.
41. Canadian poultry grades are based on quality factors such as the amount of flesh and the presence or absence of skin tears.
42. The best way to thaw frozen duckling is in its original wrapper in the refrigerator.
43. Any thawed duckling not cooked the day it was thawed should be quickly refrozen to avoid spoilage.
44. To test doneness of a roast turkey, insert a meat thermometer into the thickest part of the breast.
45. Roast turkey is done when its internal temperature reads 165°F (74°C).
46. If fresh poultry is properly stored on ice, it will keep for five to six days.
47. Poultry often carries salmonella bacteria, so careful sanitation procedures are required when handling poultry.
48. Roast chicken should not be pierced with a fork to test doneness, because juices will be lost.
49. A roasting chicken has about twice as much yield as a duck of the same weight.