

BBQ Boot Camp 3-month Post-survey

Please circle the letter that corresponds to your answer, or fill in the blank.

City where you attended BBQ Boot Camp: _____

Unique ID #: (Please Refer to Sticker Number in Book)_____

1. **Grilling is one of the healthier methods of preparing food because**
 - a. the grates on the grill allow fat to drip away from the food.
 - b. the flames burn the calories from the meat making it calorie-free.
 - c. charcoal and gas grills add nutrients to the meat as it cooks.

2. **Which of the following is NOT one of the four components of the Fight BAC food safety campaign?**
 - a. use clean utensils and wash your hands
 - b. use separate cutting boards - don't cross-contaminate
 - c. wash food (including meat) thoroughly before cooking
 - d. cook food thoroughly
 - e. chill food promptly

3. **The recommended temperature for safe preparation of ground beef is:**
 - a. 145 F
 - b. 150 F
 - c. 160 F
 - c. 165 F

4. **The three keys to slow cooking are:**
 - a. temperature, marinades, and rubs
 - b. oven cooking bags, spices, and tenderizers
 - c. specialized grills, cooking for at least 24 hours, and spices
 - d. time, temperature, and humidity

5. **Please circle the proper heating method for each of the following meat products:**
 - a. pork ribs (direct heating or indirect heating)
 - b. beef chuck roast (direct heating or indirect heating)
 - c. beef brisket (direct heating or indirect heating)
 - d. leg of lamb (direct heating or indirect heating)
 - e. pork chop (direct heating or indirect heating)
 - f. hamburgers (direct heating or indirect heating)

6. **Wood is used in slow cooking to:**
 - a. add flavor
 - b. make the fire hotter
 - b. make the outside of the meat crisp
 - c. all of the above

7. **Beef and pork quality assurance programs help ensure the delivery of safe, wholesome meat products raised under strict animal welfare and environmental guidelines. These programs are paid for by:**
- USDA
 - FDA
 - livestock producers
 - Humane Society of the United States (HSUS)
8. **Marinades serve what two main functions?**
- enhance color and texture
 - enhance tenderness and flavor
 - enhance flavor and marbling
 - enhance nutrition and tenderness
10. **Using acidic marinades lowers the pH of meat, resulting in:**
- improved meat tenderness
 - tougher meat
 - increased flavor
 - decreased flavor
11. **If you want to use part of your marinade as a dipping sauce you should:**
- look for marinades that contain vinegar.
 - reserve part of it in a separate container.
 - only use commercially-made marinades
 - use the same marinade you soaked the meat in.
12. **What is the most popular spice?**
- Cumin
 - Paprika
 - Basil
 - Black pepper
13. **What is the best way to determine degree of doneness of steaks and chops?**
- testing the firmness of the meat with a fork
 - checking the internal color
 - using a meat thermometer
 - checking the external color
14. **True or False: You can safely cook pork chops to a medium degree of doneness.**
- True
 - False

- 15. After you remove a 1-inch-thick steak from a hot grill, the internal temperature (doneness) will:**
- a. rapidly decrease
 - b. increase by about 10 degrees F
 - c. decrease slightly
 - d. not change at all
- 16. At about what temperature (F) is medium rare?**
- a. 110 F
 - b. 140 F
 - c. 160 F
 - d. 180 F
- 17. True or False: Placing a frozen steak on a hot grill will provide the best eating experience.**
- a. True
 - b. False
- 18. The majority (>50%) of the fat in a beef ribeye steak and pork chop is saturated fat.**
- a. True
 - b. False
- 19. Have you used a food thermometer more when grilling? Please describe your previous usage vs. usage now.**
- 20. What have you used from participating in the NDSU BBQ Boot Camp program?**
- 21. Have your barbecuing skills increased from participating in the boot camp. Please describe?**
- 22. Has participating in the NDSU BBQ Boot Camp changed your meat purchases? Please Describe.**
- 23. Have you tried any new methods of Barbecuing?**

24. Have you experimented with different rubs, spices, and marinades?

25. Has participating in the NDSU BBQ Boot Camp changed your perception of the U.S. meat and livestock industry? Please comment.

26. Your gender?

a. Male

b. Female

27. Your age range?

a. 18 – 29

b. 30 – 39

c. 40 – 49

d. 50 – 59

e. 60 – 69

f. 70 – 79

g. 80 or more