



## *Curriculamb* **ACF Members Test For Continuing Education Credit**

The Curriculamb has been approved by the American Culinary Federation for 4.5 continuing education hours.

To receive the continuing education credits, you should:

- Review the five lesson plans, watch videos (cooking techniques, carcass and cuts and fabrication) and complete labs.
- Open this form in Adobe Reader. Complete quiz and evaluation form. (Note: if you do not have the latest version of Adobe Reader, please download it at <https://get.adobe.com/reader/>)
- After completing the quiz and evaluation form, save the document to your hard drive. Send the completed and saved document (.PDF) as email attachment to **info@americanlamb.com**.
- If you are unable to open, complete and save form as PDF, you are welcome to print out and complete form by hand and return scanned document to **info@americanlamb.com**.
- Please allow 7 to 10 business days for review of quiz and processing of certificate.

**Upon receipt of the quiz/evaluation form, you will receive a certificate listing your ACF continuing education credits.**

Name: \_\_\_\_\_

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## LESSON 1 – U.S. SHEEP INDUSTRY AND THE BENEFITS OF AMERICAN LAMB

1. The term for a female sheep is:

- a. Ewe
- b. Mutton
- c. Ram

2. Sheep provide:

- a. Meat
- b. Milk
- c. Wool
- d. All of the above

3. American sheep are larger than imported lamb because:

- a. They are processed at an older age
- b. They have heavy wool which makes them look larger
- c. They are meat breeds, typically larger in size than wool breeds

4. Sheep grazing helps to:

- a. Replace mowers, herbicides and fertilizers in vineyards
- b. Thin vegetation from rugged hillsides and forests to prevent fires
- c. Support solar farms by eliminating growth around solar panels
- d. All of the above

5. Per capita consumption of lamb in the United States is \_\_\_\_\_ than per capita world consumption of lamb.

- a. Higher
- b. Lower

6. What is one benefit of purchasing American Lamb over imported product?

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## LESSON 2 – BUYING AND HANDLING LAMB

7. Sheep in the United States are most commonly processed at what age?

- a. 1 to 3 months
- b. 4 to 6 months
- c. 7 to 10 months
- d. After one year

**8. The average weight of a market lamb in the United States is about:**

- a. 45 pounds
- b. 90 pounds
- c. 135 pounds
- d. 200 pounds

**9. Meat from older sheep is called?**

- a. Ewe
- b. Mutton
- c. Ram

**10. More than 90 percent of American Lamb will grade as USDA \_\_\_\_\_ or \_\_\_\_\_.**

**11. Yield Grade 1 would be the \_\_\_\_\_ yielding carcass.**

- a. Highest
- b. Lowest

**12. Like other ground meats, ground lamb should be cooked to an internal temperature of:**

- a. 120°F
- b. 140°F
- c. 160°F
- d. 180°F

### **LESSON 3 – LAMB CARCASS AND CUTS**

**13. The four primals (or major carcass sections) of lamb are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**14. Give two examples of offal: \_\_\_\_\_ and \_\_\_\_\_**

**15. An American Lamb Leg will weigh about 8 to 10 pounds:**

- True
- False

**16. The hind shank comes from what primal? \_\_\_\_\_**

**17. A rack of lamb has how many rib bones?**

- a. 4 bones
- b. 6 bones
- c. 8 bones
- d. 12 bones

**18. The two types of lamb shoulder chops are: \_\_\_\_\_ chop and \_\_\_\_\_ chop.**

**19. Which of the following is NOT a cut from the lamb leg?**

- a. Sirloin
- b. Tenderloin
- c. Bottom Round
- d. Top Round

**20. The carcass weight of a lamb is about \_\_\_\_\_ percent of the live weight.**

- a. 25 percent
- b. 50 percent
- c. 75 percent

**21. Another name for lamb spareribs is:**

- a. Carolina Ribs
- b. Denver Ribs
- c. St Louis Ribs
- d. Western Ribs

## **LESSON 4 – LAMB NUTRITION**

**22. Most fat on sheep is:**

- a. Marbled throughout the rack and loin
- b. In the legs and shoulder
- c. On the outside of the carcass

**23. A typical 3-ounce serving of lamb has how many calories?**

- a. 110 calories
- b. 160 calories
- c. 200 calories
- d. 250 calories

**24. Lamb is an excellent source of:**

- a. Protein
- b. Vitamin B12
- c. Niacin
- d. Selenium
- e. Zinc
- f. Riboflavin
- g. All of the above

**25. A 3-ounce serving of lamb provides nearly \_\_\_\_ mg of the essential omega-3 fatty acid alpha-linolenic acid (ALA).**

- a. 20
- b. 40
- c. 60
- d. 80

## **LESSON 5 – COOKING METHODS FOR AMERICAN LAMB**

**26. Meat from working muscles of the lamb have \_\_\_\_\_ connective tissue than less active muscles.**

- a. More
- b. Less

**27. Tender cuts of lamb such as rack and loin are best prepared using what type of cooking methods?**

- a. Dry heat cooking methods
- b. Moist heat cooking methods

**28. Silverskin should be trimmed from lamb prior to cooking.**

- True
- False

**29. The recommended cooking method for a lamb shank is:**

- a. Broiling or grilling
- b. Panfrying
- c. Braising

**30. A trending sausage traditionally made with lamb and North African spices is called:**

- a. gyro
- b. merguez
- c. moussaka
- d. shawarma

**31. Shepherd's Pie is a lamb pie with a crust made of:**

- a. Hazelnuts
- b. Mashed Potatoes
- c. Pastry Dough

**32. Provide two examples of how leftover roasted lamb leg could be menued.**

1. \_\_\_\_\_
2. \_\_\_\_\_

**33. Provide two specific examples of how you could menu lamb beyond center of the plate.**

1. \_\_\_\_\_
2. \_\_\_\_\_

***Please also complete evaluation form on next page.***

# CURRICULAMB EVALUATION FORM

On a scale of **1=poor** and **5=excellent**, how would you rate the following:

Overall Curriculamb

1    2    3    4    5

Lesson Plans

1    2    3    4    5

Slide Show

1    2    3    4    5

Videos

1    2    3    4    5

**What were the most beneficial parts of Curriculamb?**

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**How could Curriculamb be improved?**

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**Do you currently menu/use lamb?**

Yes

No

**If yes, do you purchase:**

American Lamb

Imported Lamb

Both

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