



ST. JOSEPH'S INSTITUTE, INC.

Candon City, Ilocos Sur

GRADE SCHOOL DEPARTMENT

S.Y. 2021-2022

MAPEH 4

MUSIC

A. Identify the notes and rests. Choose the correct letter of your answer.

1. **quarter rest**

a. b. c. d.

2. **eighth note**

a. b. c. d.

3. **half rest**

a. b. c. d.

4. **quarter note**

a. b. c. d.

5. **whole rest**

a. b. c. d.



SELF-LEARNING ACTIVITY

HEALTH

B. Direction: Connect the food labels to its correct illustration.

A

Nutrition Facts	
Per 1 cup (250ml)	
Calories	612
Fat 27g	42%
Saturated 13g	52%
Trans 0g	
Carbohydrate 40mg	
Fiber 1g	0%
Sugars 8g	11%
Protein 26g	
Cholesterol 0.7mg	2%
Sodium 624mg	34%
Potassium 169mg	6%
Calcium 161mg	4%
Iron 22mg	27%
*100 or less is a 100%, 10% or more is a lot.	

1.



B

EXPIRATION DATE

2.



NAME OF FOOD

3.

This product is not suitable
for pregnant women.



DIRECTIONS FOR USE
AND STORAGE

4.

Do not shake. Store at
temperatures not exceeding
300 C. Avoid exposure to



NUTRITION FACTS

5.



ADVISORY AND WARNING
STATEMENTS