



Saint John School
San Juan, San Ildefonso, Bulacan
**FIRST QUARTER
MONTHLY TEST
MAPEH 4**

Name: _____ Score: _____
Teacher: Neslyn D.B Perez Grade 4 - _____

INSTRUCTIONS

- Use **CAPITAL LETTERS** on your answer.
- **WRONG SPELLING** is **WRONG**.
- **READ CAREFULLY.**

MUSIC

I. Complete the chart.

NAMES	NOTES	REST	VALUE
Whole	1.	Whole Rest	2.
Half	Half Notes	3.	4.
5.	Quarter Notes	Quarter Rest	1 beat
Eighth	6.	7.	$\frac{1}{2}$ beat
8.	9.	Sixteenth Rest	10.

ARTS

II. Write the correct answer on the space provided.

_____ 11. It is a term that describes the entire way of life shared by a group of people.

_____ 12. It is group of people who share cultural ideas and beliefs that have been a part of their community for generations.

_____ 13. It is the main reason why our country (Philippines) is very rich when it comes to culture and traditions.

_____ 14. It is gives so much flavor to our society from the earliest times, colonizes and the present.

_____ 15. It is term and another examples of ethnic groups are language, religion, shared history, beliefs and types of food.

III. Give at least five (5) examples of Ethnic Groups.

16.

17.

18.

19.

20.

PHYSICAL EDUCATION

IV. Give the five (5) basic exercises.

21.

22.

23.

24.

25.

Give the five (5) Aerobic Exercise.

26.

27.

28.

29.

30.

HEALTH

V. Write TRUE if the statement is true and FALSE if it is not.

_____ 31. It is providing more than just nutrition facts, though. They also tell you what's in a packaged food.

_____ 32. Some food labels also state which country the food came from, whether the food is organic, and certain health claims.

_____ 33. Food labels are a legal requirement and they are important for many reasons.

_____ 34. They help consumers make informed choices about the food they buy, help them to store and use it safely and allows people to plan when they will consume it – all of which help to reduce food wastage.

_____ 35. The food labels are including fats, cholesterol, sugar and contain high protein, vitamins and calcium.

_____ 36. The nutrition facts are included calories, total fat, cholesterol, sodium, total carbohydrates, and protein.

_____ 37. The total serving per package is tell you how many serves there are in the whole packet.

_____ 38. The serving size is one serving of this food.

_____ 39. The per gram is tell you the nutrients in 100g of this food. This is the best way to compare similar products.

_____ 40. The per serving is tell you the nutrients in a single serve of this food. In this case, it's per 33g.