Saint John School

San Juan, San Ildefonso, Bulacan

FIRST PERIODICAL EXAM IN MAPEH 4

Name: _____ **Score:** _____

Techer: Neslyn D.B Perez **Grade 4 -** _____

MUSIC

Choose the letter of the correct answer on the space provided. (2 points each)

NOTES

_____1.		a. 1 beat
_____2.		b. ¼ beats
_____3.		c. 2 beats
_____4.		d. ½ beats
_____5.		e. 4 beats

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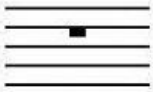
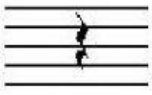
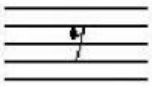
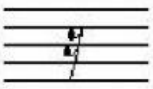
REST

_____6.		a. 1 beat
_____7.		b. 2 beats
_____8.		c. 4 beats

_____9. 

_____10. 

d. ½ beats

e. ¼ beats

ARTS

Write the correct answer on the space provided. (1 point each)

_____11. It is a word that describes the entire way of life shared by a group of people.

_____12. It is a 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 is very rich when it comes to culture and traditions.

_____14. It is called the 'eighth wonder of the world'.

_____15. It's originally from the islands of Sulu in Mindanao, they're known as the sea tribes living on houseboats.

_____16. It is the one of the earliest known inhabitants of the Philippines who are now living in scattered mountainous areas of the country.

_____17. It gives so much flavor to our society from the earliest time up to present.

_____18. How many ethnic groups in Lumad Tribes?

_____19. It is another term for ethnic's group are language, religion, shared history, beliefs and types of food.

_____20. It is characterized by their dark skin.

Give at least ten (10) ethnic groups in the Lumad Tribes. (1 point each)

21.

22.

23.

24.

25.

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27.

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29.

30.

PHYSICAL EDUCATION

Name the exercises correctly. (2 points each)

35-40.

Give at least five (5) example of recreational activities in "The Philippine Physical Activity Pyramid". (1 point each)

36.

37.

38.

39.

40.

HEALTH

Label the different parts of nutritional facts. Choose your answer inside the box. (1 point each)

41-45.

AMOUNT PER SERVING	**PROTEIN**	**SERVING SIZE**
CALORIES	**DAILY VALUE**	

Write TRUE if the statement is true and FALSE if it is not. (1 point each)

_____46. The total serving per package tells you about the amount of nutrition facts per serving.

_____47. The serving size requirement for food is only one serving.

_____48. Food labels are legal requirement and important for many reasons.

_____49. Cultural community is a group of people who shared cultural ideas and beliefs.

_____50. The food labels contain fats, cholesterol, sugar, protein, vitamins and calcium.

_____51. "Per Serving" tells you the amount of nutrients in a single serve food.

_____52. Label provides more than just nutrition facts; it will also tell the ingredients of the food.

_____53. Food labels will also tell which country does the food come from.

_____54. The best way to compare similar products, is to look the content of nutrients that can be found in the food.

_____55. Nutrition facts include calories, fat, cholesterol, sodium, total carbohydrates, and protein.