



Saint John School
San Juan, San Ildefonso, Bulacan
FIRST PERIODICAL EXAM IN MAPEH 4

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

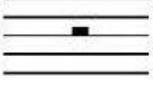
MUSIC

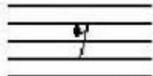
Choose the letter of the correct answer on the space provided. (2 points each)

NOTES

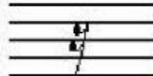
- _____ 1.  a. 1 beat
- _____ 2.  b. 1/4 beats
- _____ 3.  c. 2 beats
- _____ 4.  d. 1/2 beats
- _____ 5.  e. 4 beats

REST

- _____ 6.  a. 1 beat
- _____ 7.  b. 2 beats
- _____ 8.  c. 4 beats

_____ 9. 

d. $\frac{1}{2}$ beats

_____ 10. 

e. $\frac{1}{4}$ 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.
- 26.
- 27.
- 28.
- 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.

Nutrition Facts
172 g

200 Calories from Fat 8

%

Total Fat 1g 1%

Saturated Fat 0g 1%

Trans Fat

Cholesterol 0mg 0%

Sodium 7mg 0%

36g 12%

Dietary Fiber 11g 45%

Sugars 6g

Protein 13g

Vitamin A 1% • Vitamin C 1%

Calcium 4% • Iron 24%

*Percent Daily Values are based on a diet of other people's misdeeds.

NutritionData.com

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.

