



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

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

**MUSIC**

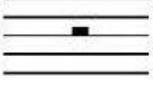
Choose the letter of the correct answer on the space provided. (2 points each)

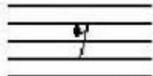
**NOTES**

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

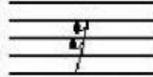
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**REST**

- |          |                                                                                     |            |
|----------|-------------------------------------------------------------------------------------|------------|
| _____ 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.

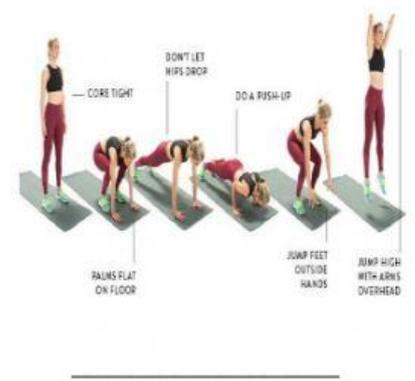
23.

- 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

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200      Calories from Fat 8

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%

**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

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Vitamin A      1%      •      Vitamin C      1%

Calcium      4%      •      Iron      24%

\*Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs.

**NutritionData.com**

<b>AMOUNT PER SERVING</b>	<b>PROTEIN</b>	<b>SERVING SIZE</b>
<b>CALORIES</b>	<b>DAILY VALUE</b>	

**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.

