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

Name: _____   Score: _____

Techer: <u>Neslyn D.B Perez</u>   Grade 4 - _____

INSTRUCTIONS

- Use **CAPITAL LETTERS** on your answer.
- **WRONG SPELLING** is <u>**WRONG**</u>.
- **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.	½ beat
8.	9.	Sixteenth Rest	10.

ARTS

II.   Write the correct answeron 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

_____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 pocket.

_____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.