



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

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

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

_____ 15. It is another term for ethnic's group are language, religion, shared history, beliefs and types of food.

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

16.

17.

18.

19.

20.

PHYSICAL EDUCATION

III. Give the five (5) basic exercises.

21.

22.

23.

24.

25.

Give the five (5) Aerobic Exercise.

26.

27.

28.

29.

30.

HEALTH

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

_____ 31. Label is providing more than just nutrition facts, they will also tell you what is the ingredients of the food.

_____ 32. Food labels will also show you which country does the food came from.

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

_____ 34. _____ is a group of people who shared cultural ideas and beliefs.

_____ 35. The food labels contains fats, cholesterol, sugar, protein, vitamins and calcium.

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

_____ 37. The total serving per package will tell you about the amount of nutrition facts per serving.

_____ 38. The serving size requirement for food is only one serving.

_____ 39. The best way to compare similar products, is to look the content of nutrients that can be found in the food.

_____ 40. "Per Serving" will tell you the amount of nutrients in a single serve food.