



ST. JOSEPH'S INSTITUTE, INC.

Candon City, Ilocos Sur

GRADE SCHOOL DEPARTMENT

S.Y. 2021-2022

MAPEH 4

MUSIC

A. Identify the notes and rests. Choose the correct letter of your answer.

1. **quarter rest**



2. **eighth note**



3. **half rest**



4. **quarter note**



5. **whole rest**





HEALTH

B. Direction: Connect the food labels to its correct illustration.

A

B

1.

Nutrition Facts	
Per 1 cup (250ml)	
Calories 612	% Daily Value*
Total 21g	42%
Saturated 10g	52%
Total 0g	
Carbohydrate 40mg	
Fiber 0g	0%
Sugar 0g	11%
Protein 20g	
Cholesterol 0.7mg	29%
Sodium 0.2mg	34%
Potassium 10mg	0%
Calcium 7mg	4%
Iron 22mg	27%

*Percent Daily Values are based on a 

2.



3.

This product is not suitable
for pregnant women.

4.

Do not shake. Store at
temperatures not exceeding
300 C. Avoid exposure to

5.



EXPIRATION DATE

NAME OF FOOD

DIRECTIONS FOR USE
AND STORAGE

NUTRITION FACTS

ADVISORY AND WARNING
STATEMENTS