Saint John School
San Juan, San Ildefonso, Bulacan

**FIRST QUARTER**
**MONTHLY TEST**
**MAPEH 4**

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

INSTRUCTIONS

- Use **CAPITAL LETTERS** on your answer.
- **WRONG SPELLING** is **WRONG**.
- **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**

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

_____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.