

NAME: _____ SCORE _____

MUSIC & ARTS

Instructions: Read each question carefully and choose the best answer by encircling the corresponding letter.

1. What element of sound in the Sinukuan story helps create a mysterious atmosphere?
 - a. Loud beats
 - b. Soft background music
 - c. Fast tempo
 - d. High pitch

2. Which visual element represents Sinukuan's power in the legend?
 - a. Bright lights
 - b. Dark colors
 - c. Bold shapes
 - d. Flowers

3. In the Sinukuan performance, which dance element helps show the movements of nature?
 - a. Quick and sharp steps
 - b. Slow and flowing movements
 - c. Static poses
 - d. Jumps and spins

4. Which theatrical element is important to create the legend's setting?
 - a. Characters' costumes
 - b. Audience seating
 - c. Song selection
 - d. Dancers' positions

5. What type of costumes might dancers wear to represent the spirit of Mount Arayat?
 - a. Business suits
 - b. Flowing capes
 - c. Nature-inspired outfits
 - d. School uniforms

6. What sound element would best highlight a scene of celebration in the Sinukuan performance?
 - a. Quiet sounds
 - b. Loud, cheerful music
 - c. Drum rolls

- d. Echoing effects
7. In a scene with conflict, what visual element could be added to create tension?
- Soft lighting
 - Dark shadows
 - Bright colors
 - Floral designs
8. Which property of sound can make the audience feel suspense?
- High volume
 - Soft background sound
 - Fast beats
 - Rapid clapping
9. Which dance move can symbolize strength in a performance?
- Quick jumps
 - Slow stretching
 - Sharp and controlled moves
 - Light skipping
10. How can the use of light and shadows affect the audience's view of Mount Arayat?
- By showing time of day
 - By highlighting different emotions
 - By distracting the audience
 - By changing the scenery
11. Why is music an essential part of Sinukuan's performance?
- It guides the dancers' movements.
 - It attracts a bigger audience.
 - It shortens the performance.
 - It makes the actors louder.
12. What visual elements in Sinukuan could show the beauty of nature?
- Detailed costumes and nature props
 - Bright lights on the actors
 - Sound effects of the forest
 - Props that show city life
13. Which combination of theatrical elements could best portray the conflict between Sinukuan and human settlers?
- Soft lighting, fast music, and slow movements
 - Sharp lighting, loud drum sounds, and dramatic movements
 - Dim lights, quiet music, and calm movements
 - Soft costumes, gentle music, and fast movements
14. How could the properties of sound and dance together express the magical powers of Sinukuan?
- By using intense music with slow and careful steps
 - By using light music with quick, sharp moves
 - By using varying tempos and sudden pauses in movement

d. By using minimal sound and no movement

15. In what way could the colors of costumes impact how people perceive Mount Arayat's legend?

- a. By changing the length of the performance
- b. By representing the nature and power of Sinukuan
- c. By making it more confusing for viewers
- d. By limiting the space on stage

PE & HEALTH

16. What is one benefit of eating safe and healthy food?

- a. Feeling sleepy all day
- b. Feeling energized and healthy
- c. Not needing exercise
- d. Avoiding water

17. Why is it important to read a food label?

- a. To know the price of food
- b. To understand nutritional information
- c. To see where it's made
- d. To know how much it weighs

18. Which part of a food label tells you about added sugars?

- a. Expiration date
- b. Nutritional facts
- c. Ingredients list
- d. Brand logo

19. According to the UN Article on Child Rights, every child has the right to:

- a. An unlimited supply of toys
- b. Safe and nutritious food
- c. Free transportation
- d. A large home

20. What is a good source of vitamins for kids?

- a. Candy
- b. Fresh fruits and vegetables
- c. Sodas
- d. Cookies

21. Which of the following is a safer way to prepare food?

- a. Washing hands before handling food
- b. Using unclean utensils

- c. Storing food in the open
- d. Mixing raw and cooked food

22. The five keys to safer food include:

- a. Boiling, grilling, chopping, freezing, steaming
- b. Clean, separate, cook, chill, and choose safe foods
- c. Buy, store, wash, cook, and pack
- d. Measure, wash, cook, eat, and store

23. What should you look at to make sure the food is still good to eat?

- a. Nutritional facts
- b. Serving size
- c. Expiration date
- d. Price

24. Which key to safer food is about keeping raw and cooked food separate?

- a. Chill
- b. Clean
- c. Separate
- d. Cook

25. Which part of the food label helps you understand how many servings are in a package?

- a. Ingredients list
- b. Serving size
- c. Nutrition facts
- d. Expiration date

26. How can a child's right to safe food help them in school?

- a. It keeps them strong to focus and learn better
- b. It gives them an excuse to eat more snacks
- c. It allows them to skip classes
- d. It lets them avoid physical activity

27. How can reading a food label help in eating healthier?

- a. By finding out where food is made
- b. By choosing foods with lower fats, sugars, and sodium
- c. By ignoring expiration dates
- d. By selecting the most colorful packaging

28. Why is it important to understand the concept of "nutrient density" when choosing foods?

- a. It shows how much sugar is added
- b. It helps choose foods with more nutrients and fewer calories
- c. It reveals if food is cheap
- d. It gives information about food shape

29. What is a potential result of not following the five keys to safer food?

- a. A food that lasts longer
- b. Higher risk of foodborne illnesses
- c. Improved taste of food

d. More colorful dishes

30. How does the UN Article on the Right of the Child to Nutrition connect to a child's overall health?

- a. It ensures children only eat sweet foods
- b. It promotes safe and nutritious food to support physical and mental development
- c. It encourages children to avoid vegetables
- d. It teaches children how to cook

ANSWER KEY:

Music and Arts:

Items 1-15

- 1. **b**
- 2. **b**
- 3. **b**
- 4. **a**
- 5. **c**
- 6. **b**
- 7. **b**
- 8. **b**
- 9. **c**
- 10. **b**
- 11. **a**
- 12. **a**
- 13. **b**
- 14. **c**
- 15. **b**

PE & Health:

Items 16-30

- 16. **b**
- 17. **b**
- 18. **c**
- 19. **b**
- 20. **b**
- 21. **a**
- 22. **b**
- 23. **c**
- 24. **c**
- 25. **b**
- 26. **a**
- 27. **b**
- 28. **b**
- 29. **b**
- 30. **b**

COMPETENCIES/OBJECTIVES	No. of Days Spent	Weight	No. of Items	COGNITIVE PROCESS DIMENSION					
				R	U	AP	AN	E	C
				EASY		AVERAGE		DIFFICULT	
				ITEM PLACEMENT					
MUSIC & ARTS									
● identify the properties of sound, theatrical, dance and visual elements in Sinukuan: The Kapampangan Legend of Mount Arayat; and ● explain how the properties of sound, theatrical, dance, and visual elements are used in the Sinukuan: The Kapampangan Legend of Mount Arayat	5	50%	15	1,2,3,4 5,6,7,8,9	10,11 12	14,15	13		
PE & HEALTH									
1. discuss the concept and importance of eating safe and healthy food; 2. Understand the UN Article Right of the Child to Nutrition; 3. Explain the different parts of a food label; and 3. Identify the five keys to safer food.	5	50%	15	18,20,21 22,23,24	16,17,19 ,25,26,27	28,30	29		
TOTAL	10	100%	30						