

THIRD PERIODICAL TEST IN MAPEH 8

NAME: _____ GR.& SEC. _____ SCORE: _____

HEALTH

Directions: Read the sentences below and identify what they refer to from the given choices below each. Write the letter of your answer directly in the blank.

- _____ 1. Which style of singing that developed into strong and diverse tradition over several centuries, becoming an established part of contemporary tradition in India?
A. Melismatic C. Samagana
B. Rig Veda D. Sama Veda
- _____ 2. Which classification of musical instruments from India, describes as a non-membranous percussive instrument but with solid resonators?
A. Avanaddh C. Sushir
B. Ghan D. Vitat
- _____ 3. Which vocal music of Pakistan traditionally expresses love, separation and loneliness?
A. Carnatic Music C. Hindustani Music
B. Ghazal Music D. Qawwali Music
- _____ 4. Which of the following is NOT an instrument of Pakistan?
A. Dholak C. Rubab
B. Harmonium D. Sitar
- _____ 5. Which best describes Hazan?
A. The leader of prayer in a synagogue
B. A ceremonial event for a Jewish boy.
C. A Jewish devotional tradition.
D. A musical instrument
- _____ 6. Which vocal music of Israel is featured during Sabbath and other holidays?
A. Carnatic Music C. Hindustani Music
B. Devotional Music D. Secular Music
- _____ 7. The following instruments are under the classification Sushir, except:
A. Bansuri C. Shankh
B. Daf D. Surpeti
- _____ 8. What is the principal percussion instrument in Hindustani music consists of two drums played while sitting on the floor?
A. Mridangam C. Tala
B. Tabla D. Theka
- _____ 9. Which musical instrument in Israel is similar to the Philippine bandurria and the laud that traces its origin to the Middle East Oud and Indian sitar?
A. Jewish Lyre C. Psalterion
B. Lute D. Shofar
- _____ 10. The following are significant musical instruments of Israel EXCEPT _____.
A. Jewish Lyre C. Shofar
B. Psalterion (Harp) D. Shankh
- _____ 11. What music is mostly improvised and played by a small group of musicians at a time?
A. Israel Music C. Pakistan Music
B. Indian Music D. Arab Music
- _____ 12. In the old civilization, what musical stringed instrument in India referred to as vina?

- _____ 13. What folk dance music in India is based on the rhythm of the Dhol drum?
- | | |
|--------------|----------|
| A. Mridangam | C. Tat |
| B. Tala | D. Theka |
- _____ 14. It is a system of drum-syllables in India to create elaborate patterns of rhythm.
- | | |
|--------------|----------|
| A. Bhangra | C. Karta |
| B. Harmonium | D. Rubab |
- _____ 15. Which of the following describes the classification of musical instruments from India, “vitat”?
- | | |
|-------------------------------|--|
| A. blown air instruments | C. membranous percussive instruments |
| B. bowed stringed instruments | D. non-membranous percussive instruments |

ART

- _____ 16. What does Pakistan and the Philippines has in common in terms of the utilization of colors in their respective arts and crafts?
- they both use natural dye color in making their art work colorful.
 - they both use artificial vibrant colors in making their art work colorful.
 - the Pakistan uses dark colors in their art design while Philippines uses light color bulbs for their truck
 - the Philippines uses different colors of small bulbs while the Pakistan uses vibrant colors in their art design to make it more attractive
- _____ 17. As picture shown above, which among the following principles of art is not well emphasized or not included in the truck art of Pakistan?
- | | |
|-------------|-------------|
| A. contrast | C. pattern |
| B. balance | D. emphasis |
- _____ 18. Why do Indians need to clean their house during the Festival of Lights?
- because it is part of their ritual to clean their house during the Diwali
 - because it is already their annual habit to clean their house and open their windows
 - because they believe that if they clean their house they will receive a lot of money.
 - because they believe if their house is clean and open their windows, Lakshmi the goddess of wealth will enter their house.
- _____ 19. Which among the following elements of art is very important in making a Rangoli?
- | | |
|----------|------------|
| A. Shape | C. Space |
| B. Color | D. Texture |
- _____ 20. Why do Indians considered Diwali as an exciting and colourful holiday?
- because they will paint inside their houses
 - because they will make big and colorful paper flowers
 - because they will be mixing colors both natural and artificial
 - because they will make making designs or patterns on the walls or the floor of the house, uses finely ground white powder along with different colors.
- _____ 21. Base on the sample given picture above, which among the following principles of art is not well emphasized or not included in the Rangoli art of India?
- | | |
|-------------|-------------|
| A. Contrast | C. Pattern |
| B. Balance | D. Emphasis |
- _____ 22. On that specific days, most of the houses are lighted with lamp. Which among the following forms of art also know as the festival of lights?

- A. Diwali
- B. Truck Art
- C. Rangoli
- D. Textiles

____ 23. Shiva is a comic-dancer with four-armed figure. Each hand has different representations. What does the first thing he's holding and what does it represent?

- A. drum said to be the first sound heard during the creation of the world
- B. fire he used it to destroy
- C. pointing down where he dances with the dwarf
- D. pointing up as reassuring gesture

____ 24. India has a lot of famous landmarks which makes tourist amazed with a touch of their history and culture reflected on their art. Which among the following Indian art that is made of rock-cut cave monuments that was created dates back from the 2nd century?

- A. image of Shiva
- B. Ajanta cave
- C. mogul period
- D. taj mahal

____ 25. During the mogul period in India, one of the most splendid examples of architecture and now became famous landmark that was created in loving memory of his wife by Shah Jahan. What was the landmark created in 1632?

- A. Taj Mahal
- B. Truck Art
- C. Ajanta Cave
- D. Shiva

____ 26. Shiva is a comic-dancer with four-armed figure. Each hand has different representations. What does the second hand represent?

- A. drum said to be the first sound heard during the creation of the world
- B. fire he used it to destroy
- C. pointing down where he dances with the dwarf
- D. pointing up as reassuring gesture

____ 27. How do the people in India show their appreciation in one of the best landmarks that they have in their country? XIV

- A. by broadcasting it to the television and radio
- B. by taking pictures of the temple and display it inside the house
- C. by opening it to the public for a short tour around the temple for free
- D. by printing it and usually place at the front of the airmail used as stamp mark

____ 28. What do Indian people and the Philippines have in common in terms of preparation of houses during a special celebration in relation to their culture and traditions?

- A. other would go to their sacred places and ask for blessings
- B. they both decorate their houses and put some tables outside
- C. other religious individuals in both countries light a candle during celebration
- D. they both clean their houses and open the doors and window to receive blessings

____ 29. Shiva is a comic-dancer with four-armed figure. Each hand has different representations. What does the third hand represent?

- A. drum said to be the first sound heard during the creation of the world
- B. fire he used it to destroy
- C. pointing down where he dances with the dwarf
- D. pointing up as reassuring gesture

____ 30. Which among the following statement is TRUE about the Indian Art?

- A. The Ajanta Cave in India created way back 1st century.
- B. Paintings and sculptures are also considered to be Buddhist religious art
- C. The Ajanta cave is made up of 20 rock-cut cave monuments
- D. They don't have other form of visual art in India aside from the Ajanta Cave

P.E

_____ 31. Which of the following terms refers to a goal that is developed with a finite amount of time in mind?

- A. High goals
- B. Long-term goals
- C. Low goals
- D. Short-term goals

_____ 32. Which of the following terms refers to the statements that are designed in a way to promote clear and mutual understanding of what establishes levels of performance and successful fitness development?

- A. Goal
- B. Plan
- C. Wants
- D. Wish

_____ 33. The following are criterion for S.M.A.R.T. planning except

- A. Artistic
- B. Measurable
- C. Relevant
- D. Time-bounded

_____ 34. What should you consider if you place your goals and sub-goals within time frames?

- A. Measurable
- B. Specific
- C. Relevant
- D. Time-bounded

_____ 35. Which refers to a goal that requires time and planning?

- A. High goals
- B. Long-term goals
- C. Low goals
- D. Short-term goals

_____ 36. What should you consider if you break down your main objective into smaller sub-goals and result is within the parameters of your ability?

- A. Achievable
- B. Measurable
- C. Specific
- D. Relevant

_____ 37. What does letter R in the acronym S.M.A.R.T. refers to?

- A. Random
- B. Rapid
- C. Rest
- D. Relevant

_____ 38. What is a basic skill in baseball/softball which is related to throwing?

- A. catching
- B. gripping
- C. hitting
- D. running

_____ 39. What do you call of the referee in baseball/softball game?

- A. coach
- B. tournament manager
- C. time keeper
- D. umpire

_____ 40. Which of the following is the element of throwing?

- A. catching
- B. hitting
- C. shooting
- D. wind-up

_____ 41. What offensive skill used to strike the pitched ball using a bat?

- A. catching
- B. hitting
- C. pitching
- D. throwing

_____ 42. What year does softball and baseball voted drop as an Olympic sport?

- A. 2012
- B. 2010
- C. 2016
- D. 1999

_____ 43. What do call of an extra inning being played to break the tie?

- A. undertime
- B. playing time
- C. overtime
- D. extra time

_____ 44. What game mechanics that replaces a regular player with a substitute?

- A. on bat
- B. On hole
- C. on deck
- D. Substitutions

- _____ 45. It is a team sports played by two teams, each made up of 9 players.
- | | |
|----------------------|-----------------|
| A. Volleyball | C. Sepak takraw |
| B. Baseball/softball | D. Basketball |

HEALTH

- _____ 46. Estimates the frequency of a diseases in a defined population during a specified time.
- | | |
|---------------------|-------------------|
| A. birth rate | C. mortality rate |
| B. crude death rate | D. morbidity rate |
- _____ 47. Estimates the frequency of occurrence of death in a defined population during a specified time.
- | | |
|---------------------|-------------------|
| A. birth rate | C. morbidity rate |
| B. crude death rate | D. mortality rate |
- _____ 48. Which is NOT part of the top five (5) leading causes of mortality according to 2018 Philippine Health Statistics?
- | | |
|---------------------------|-----------------------|
| A. accident | C. pneumonia |
| B. Ischemic heart disease | D. malignant neoplasm |
- _____ 49. Which of the following is TRUE regarding the nature of mortality and morbidity in the Philippines as of 2018?
- A. The leading cause of both mortality and morbidity is a communicable disease.
B. The leading cause of both mortality and morbidity is a non-communicable disease.
C. The leading cause of mortality is a non-communicable disease.
D. The leading cause of morbidity is accidents.
- _____ 50. All of the following clinical terms are translated correctly in layman's term, EXCEPT:
- A. Cerebrovascular disease: Stroke
B. Ischemic heart disease: Heart attack
C. Anemia: Low blood pressure
D. Malignant Neoplasm: Cancer
- _____ 51. How does Human Immunodeficiency Virus (HIV) infection be transmitted?
- | | |
|--------------------|----------------------|
| A. by kissing | C. by holding hands |
| B sharing utensils | D. none of the above |
- _____ 52. Which of the following is an airborne disease caused by mycotacterium?
- | | |
|---------------|--|
| A. Bronchitis | C. Sexually Transmitted Infections (STI) |
| B. Pneumonia | D. Tuberculosis (TB) |
- _____ 53. When is handwashing recommended?
- | | |
|-----------------------------|------------------------------------|
| A. Before and after eating | C. After sneezing and /or coughing |
| B. After using the bathroom | D. All of the above |
- _____ 54. Which of the following diseases is commonly spread by the feces – to – mouth route and inhalation of virus?
- | | |
|----------------|---------------------------|
| A. AH1N1 | C. foot and mouth disease |
| B. chikungunya | D. leptospirosis |
- _____ 55. Which of the following is caused by spirochete bacteria known as Leptospira Interrogans?
- | | |
|--------------------|------------------|
| A. AH1N1 | C. leptospirosis |
| B. avian Influenza | D. SARS |
- _____ 56. Which refers to a habit when a sick person should wear mask?
- A. Washing hand regularly
B. Handle and prepare food safely
C. Practicing proper cough etiquette

D. Sleeping without changing clothes after playing

____ 57. What do you call the people who closely monitor themselves and often behave in a manner that is highly responsive to social cues and their situational context?

- A. Self-care
- B. Self-identity
- C. Self-monitor
- D. Self-proclaimed

____ 58. Which program addresses tuberculosis problems in the country by detecting and providing cure to all forms of TB cases?

- A. Expanded Program on Immunization
- B. National Blood Services Act of 1994
- C. National Tuberculosis Control Program
- D. Philippine Malaria Information

____ 59. Which is the concern of Phil. AIDS Prevention and control Act of 1988?

- A. HIV
- B. Tuberculosis
- C. Malaria
- D. Dengue

____ 60. How does DepEd contribute to the prevention and control of communicable diseases?

- A. It includes in the curriculum the topics and activities for quality health.
- B. It mobilizes the community health teams to provide comprehensive public health services.
- C. It provides quality health care to all Filipinos.
- D. It provides information drive to all health workers.