



Republic of the Philippines
Department of Education
REGION IX - ZAMBOANGA PENINSULA
SCHOOLS DIVISION OF ZAMBOANGA CITY
[SCHOOL NAME]
[SCHOOL ADDRESS]

TABLE OF SPECIFICATIONS
FIRST SUMMATIVE TEST

SUBJECT: EPP AFA FCS IA			GRADE AND SECTION: 4 - _____			TERM: SECOND				SCHOOL YEAR: 2026-2027		
TOPIC / CLUSTER	LEARNING COMPETENCY	TYPES OF KNOWLEDGE	NO. OF HRS	WEIGHT %	NO. OF ITEMS	REM	UND	APP	ANA	EVA	CRE	ITEM NUMBERS
TOTAL ITEMS: 20						EASY 60%			AVERAGE 30%		DIFFICULT 10%	
Puberty and self-care	Identify physical changes and explain tools and consumables for personal care.	Factual/Conceptual	5	33	7	3	2	1	1	0	0	1-7
Grooming practices	Apply safe and proper methods of personal grooming and hygiene.	Procedural	5	33	6	2	2	1	1	0	0	8-12, 19
Appropriate behavior and clothing	Select respectful actions and appropriate clothing during puberty.	Conceptual/Metacognitive	5	34	7	3	2	1	1	0	0	13-18, 20
TOTAL			15	100	20	8	6	3	3	0	0	1-20



FIRST SUMMATIVE TEST IN EPP AFA FCS IA
GRADE 4 | TERM 2 | SCHOOL YEAR 2026-2027

Name: _____

Grade and Section: _____

Date: _____

Score: _____ / 20

GENERAL DIRECTIONS: Read or listen carefully to each question. Choose the letter of the best answer.

1. Which is a normal physical change during puberty?

A. growth in height

C. stopping growth completely

B. loss of all teeth

D. changing eye color daily

2. Why is personal hygiene important during puberty?

A. It removes the need for sleep.

C. It stops all body changes.

B. It helps keep the body clean and healthy.

D. It replaces healthy food.

3. Which item is used to clean the teeth?

A. comb

C. toothbrush

B. towel

D. nail cutter

4. Which consumable is used with a toothbrush?

A. shampoo

C. lotion

B. soap flakes

D. toothpaste

5. Which item helps keep hair neat?

A. toothbrush

C. comb

B. washcloth

D. slippers

6. What should be considered when using personal-care products?

A. Bright packaging only

C. Highest price only

B. Safety instructions and suitability

D. Friend's choice only

7. Why should personal items not be shared?

A. To help prevent spread of germs

C. To make them expensive

B. To finish them faster

D. To avoid cleaning them

8. What is the safest way to trim nails?

A. Bite the nails.

C. Ask a young child to do it.

B. Use any sharp blade.

D. Use a clean nail cutter carefully.

9. When should hands be washed?

A. Before eating and after using the toilet

C. Only when visibly muddy

B. Only once a week

D. After sleeping only

10. What is the proper order for bathing?

A. Dress first, then bathe.

C. Prepare items, wash properly, rinse, and dry.

B. Use dirty water.

D. Leave soap on the skin.

11. Which action shows proper grooming?

A. Wearing wet clothes

C. Using another person's towel

B. Ignoring body odor

D. Wearing clean clothes

12. What should you do with used hygiene items?

A. Leave them on the floor.

C. Share them with others.

B. Store or dispose of them properly.

D. Hide them while wet.

13. Which posture shows confidence and respect?

A. Standing upright and calmly

C. Pushing others

B. Slouching while speaking

D. Shouting at everyone

14. Which clothing is appropriate for school?

A. Wet and unsafe clothes

C. Clean, comfortable, and school-appropriate clothes

B. Clothes that block movement

D. Any dirty clothing

15. Why should clothing match the activity?

A. To copy everyone

C. To use more items

B. For safety, comfort, and appropriateness

D. To avoid responsibility

16. What is a respectful way to respond to body changes?

A. Mock others.

B. Believe unsafe advice.

- C. Hide health concerns.
17. A classmate is teased because of physical changes. What should you do?
- A. Show respect and stop the teasing.
- C. Spread the story.
18. Which choice is best for physical activity?
- A. Very tight formal clothing
- C. Wet uniform
19. Why should grooming routines be regular?
- A. They stop all changes.
- C. They support cleanliness and self-care.
20. Which plan best combines self-care and respect?
- A. Share all personal items.
- C. Tease others about changes.
- D. Accept them and seek guidance from a trusted adult.
- B. Join the teasing.
- D. Ignore repeated bullying.
- B. Slippery footwear
- D. Comfortable clothing that allows movement
- B. They replace exercise.
- D. They remove the need for guidance.
- B. Use personal hygiene items properly and respect others' changes.
- D. Ignore hygiene routines.

ANSWER KEY

1	A	6	B	11	D	16	D
2	B	7	A	12	B	17	A
3	C	8	D	13	A	18	D
4	D	9	A	14	C	19	C
5	C	10	C	15	B	20	B

Answer Distribution: A=5 | B=5 | C=5 | D=5