

NAME: _____

SCORE _____

MUSIC & ARTS

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

1. What does the sound of the gongs in Fugtong primarily represent?
 - a. The animals in the story
 - b. The emotions of the characters
 - c. The setting of the story
 - d. The costumes used

2. Which visual element in the Fugtong narrative is most important to show the culture of the Kalinga people?
 - a. The colors of the costumes
 - b. The lighting of the stage
 - c. The use of props
 - d. The size of the stage

3. In the Fugtong folktale, what theatrical element helps emphasize a key moment in the story?
 - a. Sudden dimming of lights
 - b. Use of props like baskets
 - c. Introduction of background music
 - d. Slow, silent movements

4. How does dance enhance the telling of Fugtong?
 - a. It entertains the audience.
 - b. It connects movements to emotions.
 - c. It replaces dialogue in scenes.
 - d. It provides a background story.

5. Which element adds emotion to a dance performance?
 - a. Costume design
 - b. Background music
 - c. Stage decorations
 - d. Lighting

6. In theater, which element is used to show changes in time or place?
 - a. Props
 - b. Sound effects
 - c. Scene changes

d. Costumes

7.Which element is most effective for highlighting suspense in a folktale performance?

- a. Bright lighting
- b. Fast drumbeats
- c. Slow dance movements
- d. Detailed scenery

8.How can lighting be used to enhance a scene in a folktale?

- a. By making the audience more alert
- b. By creating shadows that match the story's mood
- c. By showing the costumes clearly
- d. By helping the performers focus

9.What kind of sound is commonly used to represent joy in Fugtong?

- a. Slow, steady beats
- b. High-pitched, quick rhythms
- c. Deep, loud gongs
- d. Silent pauses

10.What is a visual element that enhances Fugtong's themes?

- a. Use of colorful costumes
- b. Props that represent nature
- c. The use of modern lighting
- d. The shape of the stage

11.How do dance movements reflect the mood of a scene in Fugtong?

- a. By matching the speed of the background music
- b. By following a set traditional choreography
- c. By showing emotions through energy levels
- d. By staying consistent throughout the performance

12.Which property of sound is most essential in representing the climax of Fugtong?

- a. The speed of the rhythm
- b. The volume of the music
- c. The pitch of the gongs
- d. The use of silence

13.What does the visual design of the costumes in Fugtong reflect?

- a. The modernity of the Kalinga people
- b. The traditions and culture of the Kalinga people
- c. The status of the performers
- d. The setting of the performance

14.Which dance element could help show the resolution of Fugtong?

- a. Quick, repeated movements
- b. Slow, synchronized movements
- c. Improvised movements
- d. High-energy jumps

15. In Fugtong, how can the use of props best support the narrative?

- a. By making the stage more colorful
- b. By symbolizing key parts of the story
- c. By keeping the performance traditional
- d. By highlighting the performers' skills

PE & HEALTH

16. Which food is part of a balanced diet?

- a. Soda
- b. Fried chips
- c. Leafy vegetables
- d. Candy

17. What is a healthy breakfast option?

- a. Pancakes with syrup
- b. Cereal with milk and fruit
- c. Chocolate muffins
- d. Fried bacon

18. Why is it important to eat a balanced meal?

- a. To avoid eating too much food
- b. To get all the essential nutrients your body needs
- c. To make meals more interesting
- d. To spend less money on food

19. How can you ensure your meals are balanced?

- a. Eat three meals a day
- b. Include all food groups in appropriate portions
- c. Eat only vegetables and fruits
- d. Avoid carbohydrates entirely

20. Which nutrient provides energy?

- a. Vitamins
- b. Minerals
- c. Carbohydrates
- d. Water

21. What nutrient helps build strong bones and teeth?

- a. Protein
- b. Calcium
- c. Iron

d. Fat

22. Which nutrient is essential for muscle growth?

- a. Vitamins
- b. Protein
- c. Carbohydrates
- d. Fiber

23. What combination of nutrients supports a healthy immune system?

- a. Vitamins and iron
- b. Carbohydrates and fats
- c. Protein and water
- d. Calcium and fiber

24. What is the role of protein in the body?

- a. It builds and repairs body tissues.
- b. It provides energy.
- c. It helps digestion.
- d. It strengthens bones.

25. Why is water important?

- a. It provides energy.
- b. It helps regulate body temperature.
- c. It strengthens muscles.
- d. It builds immunity.

26. Which nutrient helps transport oxygen in the blood?

- a. Calcium
- b. Iron
- c. Vitamin D
- d. Protein

27. What nutrient helps regulate chemical reactions in the body?

- a. Fats
- b. Minerals
- c. Carbohydrates
- d. Protein

28. What is the role of carbohydrates?

- a. To build bones
- b. To provide the body with energy
- c. To transport nutrients
- d. To repair tissues

29. How does fiber benefit digestion?

- a. It absorbs water.
- b. It strengthens the stomach muscles.
- c. It helps food move through the digestive system.
- d. It breaks down fat.

- 30.Which two nutrients work together to prevent anemia?
- a. Protein and calcium
 - b. Iron and vitamin C
 - c. Fats and water
 - d. Fiber and carbohydrates

MUSIC & ARTS *(Items 1–15)*

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

PE & HEALTH *(Items 16–30)*

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

SUMMATIVE TEST 2
MAPEH 4- week 3&4
TABLE OF SPECIFICATION

COMPETENCIES/OBJECTIVES	No. of Days	Weight	No. of	COGNITIVE PROCESS DIMENSION					
				R	U	AP	AN	E	C

	Spent		Items	EASY		AVERAGE		DIFFICULT	
				ITEM PLACEMENT					
MUSIC & ARTS									
1.Relate stories/ narratives as expressed in relevant creative works to properties of sound, theatrical, dance and visual elements 2.Describe how dance, theater, visuals, and sound are used to tell stories. 3.Explore how properties of sound, theatrical, dance and visual elements enhance Fugtong: A Kalinga Folktale narrative	5	50%	15	1,2,5,6 9,10	3,7,1 1	13,14,1 5	4,8 12		
PE & HEALTH									
4.Demonstrate healthy and balanced food choices to include essential nutrients. 5.Identify the essential nutrients. 6. Discuss the functions of essential nutrients in the body.	5	50%	15	16,17,2 0 21,28	18,22 26,29	23,24 25	19,2 7 30		
TOTAL	10	100%	30						