



THIRD QUARTERLY ASSESSMENT

TLE 7

Prepared by: Mr. John Albert B. Sajona

Name: _____

Score: _____/70

Grade and Section: _____

Date: _____

IMPORTANT REMINDERS: Following instructions is part of the exam. Failure to follow instructions will cause a 5-point-deduction from the total raw score.

I. Read the following statements below. Write YES! if it prevents Occupational Overuse Syndrome and NO! if not. Write your answer on the space provided.

- _____ 1. Do not hunch over the client's nail and change positions often.
- _____ 2. Always sit in a natural, strained position.
- _____ 3. Take regular breaks to stretch and relax.
- _____ 4. Use height-adjustable chairs with good back support.
- _____ 5. Keep your arms and hands warm.
- _____ 6. Use fixed chairs with back support.
- _____ 7. Make sure that your desk's height is in line with your shoulders.
- _____ 8. Change the position of the client while holding his/her hand, if possible.
- _____ 9. Curve and bend wrists while filing or using a brush.
- _____ 10. Avoid using tools that vibrate excessively.

II. Read each statement carefully. Write your answer on each space provided before each number. (10 points)

- _____ 11. It helps shorten the period it takes for the client's nail polish to dry.
 - a. cotton ball
 - b. UV lamp
 - c. electric nail polish dryer
 - d. single-use towel
- _____ 12. A covered foam that is used to provide comfort for both the client and the nail technician.
 - a. foot mask
 - b. service cushion
 - c. toe separator
 - d. nail technician's chair

a. service cushion
b. manicure table
c. foot spa station
d. supply tray

a. foot bath machine
b. finger bowl
c. salon pedicure
d. paraffin bath machine

a. cotton ball
b. nipper
c. paddle
d. tweezers

a. nail buffers
b. paddles
c. foot soaks
d. nail clippers

a. foot soak
b. foot mask
c. nail cream
d. nail brush

a. nipper
b. nail clipper
c. tweezers
d. metal spatula

a. oils
b. hand cream
c. base coat
d. top coat

- colored nail polish
- cuticle remover
- polish remover
- nail hardener

21. _____

22. _____

23. _____

24. _____

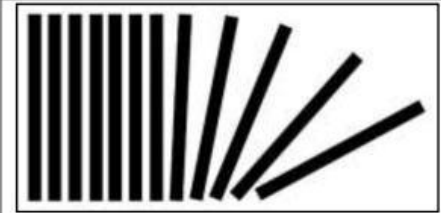
25. _____

RUBRICS	5	3	1
Diagram and Illustrations	Diagrams and illustration are accurate and add to the reader's understanding of the topic.	Diagrams and illustrations are not so neat and accurate and sometimes add to the reader's understanding of the topic.	Diagrams and illustrations are not accurate or do not add to reader's understanding of the topic.
Orderliness	The student was able to illustrate the process in order.	The student misarranged 1-2 processes on his/ her illustration.	The student misarranged 3 or more processes on his/ her illustration.

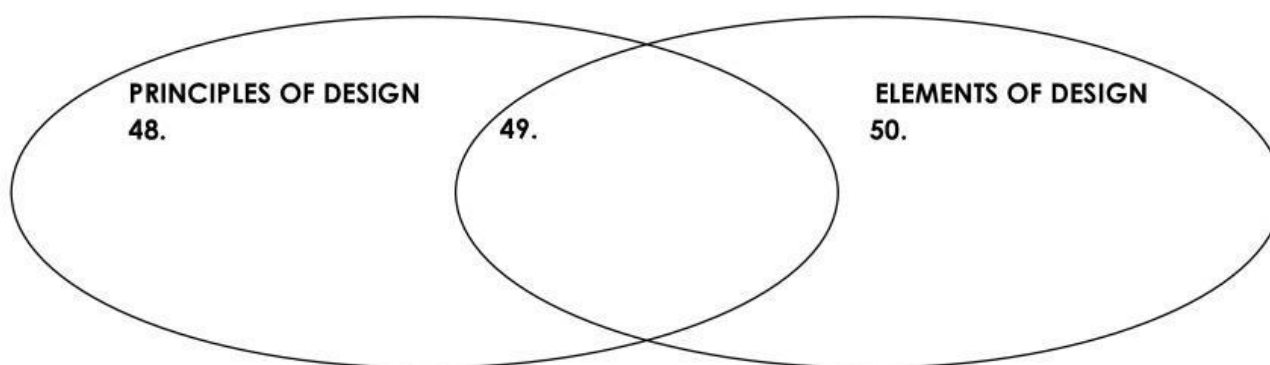
26. – 35.

IV. Identify the following principles of design and complete the table below.

	NAME	DESCRIPTION
	36. _____	37-38. _____ _____ _____ _____
	39. _____	40-41. _____ _____ _____ _____
	42. _____	43-44. _____ _____ _____ _____

	45. _____	46-47. _____ _____ _____ _____ _____
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V. Using the Venn Diagram below, show the similarities and differences of Principles and Elements of Design.



VI. Short Answer.

A. In not less than 2 sentences, answer the following questions. (10 points)

51-52. How does correct waste sorting contribute to reducing pollution and protecting ecosystems?

53-54. How does sorting waste properly support efforts towards recycling and circular economy initiatives?

54-55. How does correct waste sorting play a crucial role in reducing pollution levels, particularly in preventing the contamination of soil, water bodies, and air, thereby safeguarding both terrestrial and aquatic ecosystems?

56-57. How can education and awareness campaigns empower individuals to adopt responsible waste management practices?

58-60. In what ways does proper waste sorting promote community engagement and environmental stewardship?

B. Answer the following questions in not less than 4 sentences. (10 points)

61. – 65. You are creating an art piece for a school project, but some classmates are unsure about using different artistic techniques, such as shading, blending, and texture. How would you explain the importance of these techniques in making visually appealing and expressive artwork?

66. – 70. You are leading a workshop on proper waste disposal for your school's "Green Day" event. What three practical steps would you recommend to help your classmates manage waste effectively, and how would you encourage them to make it a daily habit?

God is good! 😊
***** END OF EXAM *****