



INOCENCIO SCHOOL, INC.

INOCENCIO SCHOOL MONTESSORI PLAYSKOOL – INOCENCIO INTEGRATED SCHOOL

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THIRD QUARTERLY ASSESSMENT

TLE 8

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 each statement carefully. Match the terms in Column A with the correct answer on Column B. Write your answer on each space provided before each number (10 items)

Column A

_____ 1. Tinea pedis

_____ 2. Paronychia

_____ 3. Onychocryptosis

_____ 4. Onycholysis

_____ 5. Pyogenic granuloma

_____ 6. Onychomadesis

_____ 7. Plicatured nail

_____ 8. Onychorrhexis

_____ 9. Melanonychia

_____ 10. Leukonychia

Column B

a. Ingrown nail.

b. They are red itchy patches of the skin in feet or between toes.

c. It is the separation of the nail plate and bed.

d. It is an inflammation causing pus, swelling, and redness.

e. It is the separation and falling off of the nail from the nail bed.

f. It is a lump of red tissue growth from the nail bed to the nail plate.

g. A whitish discoloration inside the nail plate.

h. "Folded nail"

i. Split or brittle nails.

j. It is the darkening of the nails.

II. Identify what is being asked in the following statement. Write the correct answer on the space provided before each number.

- _____ 11. This design follows the shape of the lunula and fills the tip of the nail.
- _____ 12. Allowing the _____ to dry before applying the next coat prevents smudging and protects the color previously applied.
- _____ 13. A common manicure design that uses an adhesive tape to cover the nail to create this pattern.
- _____ 14. It is the nail cosmetics that prevents nails from splitting or peeling.
- _____ 15. This product is used to increase the flexibility of the nail and to soften the surrounding skin.
- _____ 16. To take away dirt, debris, and pathogenic organisms, scrub the surface of the nail using _____.
- _____ 17. It is used to lift small bits of debris and to retrieve and place nail art accessories.
- _____ 18. This shape is popular with men because it reflects the natural contours of the nail.
- _____ 19. It is used for soaking the client's feet with warm water and soaking products.
- _____ 20. This material helps prevent smudges or polish ending between the toes during the polish application.

III. Give at least 5 types of packaging materials (5 points)

- | | |
|-----------|-----------|
| 21. _____ | 24. _____ |
| 22. _____ | 25. _____ |
| 23. _____ | |

IV. Make an illustration of your answer in numbers 21-25.

RUBRICS	2	1
Neatness	The student met the expected level of neatness.	The student did not meet the level of neatness.

26 – 27.	28 – 29.	30 – 31.
32 – 33.	34 – 35.	

V. Identify the following nail disorders and complete the table below.

	NAME	CHARACTERISTICS
	36. _____	37-38. _____ _____ _____ _____
	39. _____	40-41. _____ _____ _____ _____

	42. _____	43-44. _____ _____ _____ _____ _____
	45. _____	46-47. _____ _____ _____ _____ _____
	48. _____	49-50. _____ _____ _____ _____ _____

VI. Short Answer.

A. In not less than 2 sentences, answer the following questions.

51 – 52. How do basic massage techniques contribute to the relief of everyday aches and pains in the body?

53 – 54. How do massage techniques differ in their application for different parts of the body, and why is it important to learn these variations?

55 – 56. How can understanding basic massage techniques empower individuals to take an active role in managing their own health and well-being?

57 – 58. What are some common misconceptions about massage, and how can understanding basic techniques dispel them?

59 – 60. Can understanding basic massage techniques serve as a form of self-care and promote a healthier lifestyle? If so, how?

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

61. – 65. You are participating in a school hiking trip with your classmates. During the hike, one of your friends starts limping and complains about severe pain in his foot. You notice his shoe is rubbing against a bony area on his foot, causing a blister. How would your awareness of foot disorders and basic first aid knowledge help you assist your friend in managing the situation? What steps would you take to provide relief and prevent further discomfort or injury? How might this experience emphasize the importance of understanding foot disorders for outdoor activities and everyday life?

66. – 70. You are attending a special event, like a school dance or a family celebration. You want to look your best, but you notice that your nails are unkempt and chipped. Discuss the importance of manicure and pedicure in this situation. How do well-groomed nails contribute to your overall appearance and confidence during such events? Additionally, what are some practical benefits of regularly maintaining your nails through manicures and pedicures, beyond just aesthetic appeal?

God is good! 😊
*** END OF EXAM ***