INOCENCIO SCHOOL, INC.

INOCENCIO SCHOOL MONTESSORI PLAYSKOOL – INOCENCIO INTEGRATED SCHOOL

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THIRD QUARTERLYASSESSMENT
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

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_____13. It holds nail cosmetics for easy mobility.
a. service cushion
b. manicure table
c. foot spa station
d. supply tray

_____14. It is used for soaking client's feet with warm water, salt, and essential oil before pedicure.
a. foot bath machine
b. finger bowl
c. salon pedicure
d. paraffin bath machine

_____15. It is used to lift small bits of debris from the nail plate.
a. cotton ball
b. nipper
c. paddle
d. tweezers

_____16. It is designed to smoothen foot callouses.
a. nail buffers
b. paddles
c. foot soaks
d. nail clippers

_____17. It should be mixed into the water in the foot bath or basin to soften the skin of the feet during soaking time.
a. foot soak
b. foot mask
c. nail cream
d. nail brush

_____18. A stainless steel implement used to trim dead skin around the nails.
a. nipper
b. nail clipper
c. tweezers
d. metal spatula

_____19. It holds moisture underlying the skin.
a. oils
b. hand cream
c. base coat
d. top coat

_____20. It contains two to five percent sodium or potassium hydroxide, plus glycerin, which acts as moisturizer.
a. colored nail polish
b. cuticle remover
c. polish remover
d. nail hardener

III. Enumerate the 5 steps of waste management. (IN EXACT ORDER)

21. _____
22. _____
23. _____
24. _____
25. _____

IV. Make a creative diagram about your answers in numbers 21-25.

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.

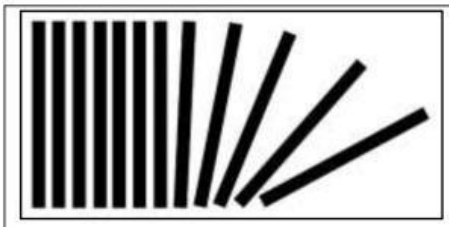
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26. – 35.

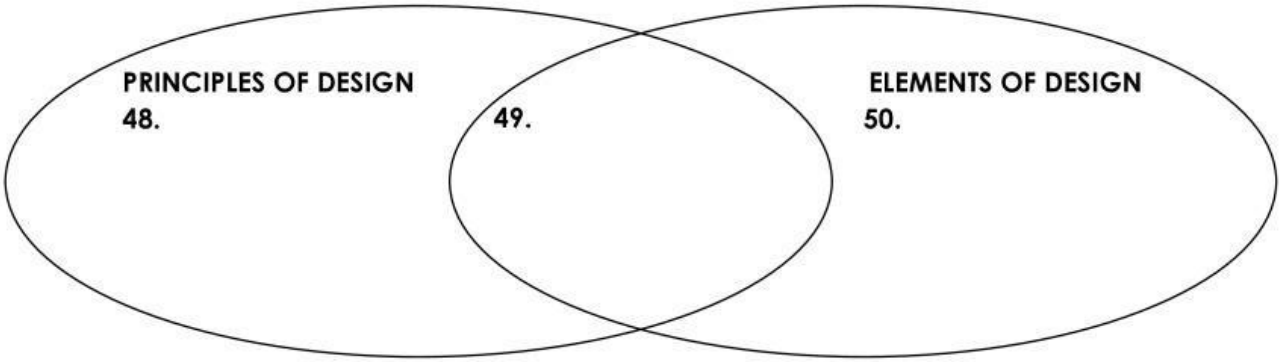
IV. Identify the following principles of design and complete the table below.

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

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	45. _____	46-47. _____ _____ _____ _____ _____

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?

_____

_____

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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 *****

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