

NAME: _____

GRADE & SECTION: _____

DATE: _____

I. TRUE or FALSE.

Read each statement carefully. Write **TRUE** if the statement is correct and **FALSE** if the statement is incorrect. Write your answers in the space provided.

_____ 1. Eat large amounts of unhealthy and greasy foods every day without considering your age, height, weight, or health status.

_____ 2. Believe that your worth depends only on your physical appearance and ignore the importance of inner beauty.

_____ 3. Avoid smiling and keep a frown on your face at all times.

_____ 4. Keep your hair shiny and smooth.

_____ 5. Have enough rest and sleep every day (at least 8 hours) to stay healthy and alert.

II. Look at the pictures or items provided. Write the correct name of each material, tool, or implement in the space provided. Check your spelling and write neatly.



III. IDENTIFICATION.

Read each definition carefully. Write the correct name of the material, tool, or implement that matches the definition in the space provided. Make sure your answers are accurate and spelled correctly.

_____ 11. A tool used during pedicures to keep the toes apart, making it easier to apply nail polish neatly and preventing the toes from touching each other.

_____ 12. A tool used to trim or shorten fingernails and toenails to keep them neat, clean, and healthy.

_____ 13. A tool used in manicure and pedicure to trim or remove excess cuticles and hangnails around the nails for a neat appearance.

_____ 14. A specialized table used by manicurists to perform nail care services. It provides a flat, organized surface for tools, materials, and clients' hands during a manicure.

_____ 15. A tool used in manicure to gently push back the cuticles from the surface of the nail for a neat and clean appearance.

IV. ESSAY. You are a beauty care professional in a salon. A client comes in for a manicure and a facial.

a) Name 1 tool or implement you will use for the manicure and 1 tool or implement you will use for the facial. (2 pts)

b) For the tools you chose in letter a, explain how you will properly clean or sanitize each one. (2 pts)

c) Suggest one beauty care or wellness tip you would give the client to help maintain their nails or skin and enhance their overall appearance. (1 pt)