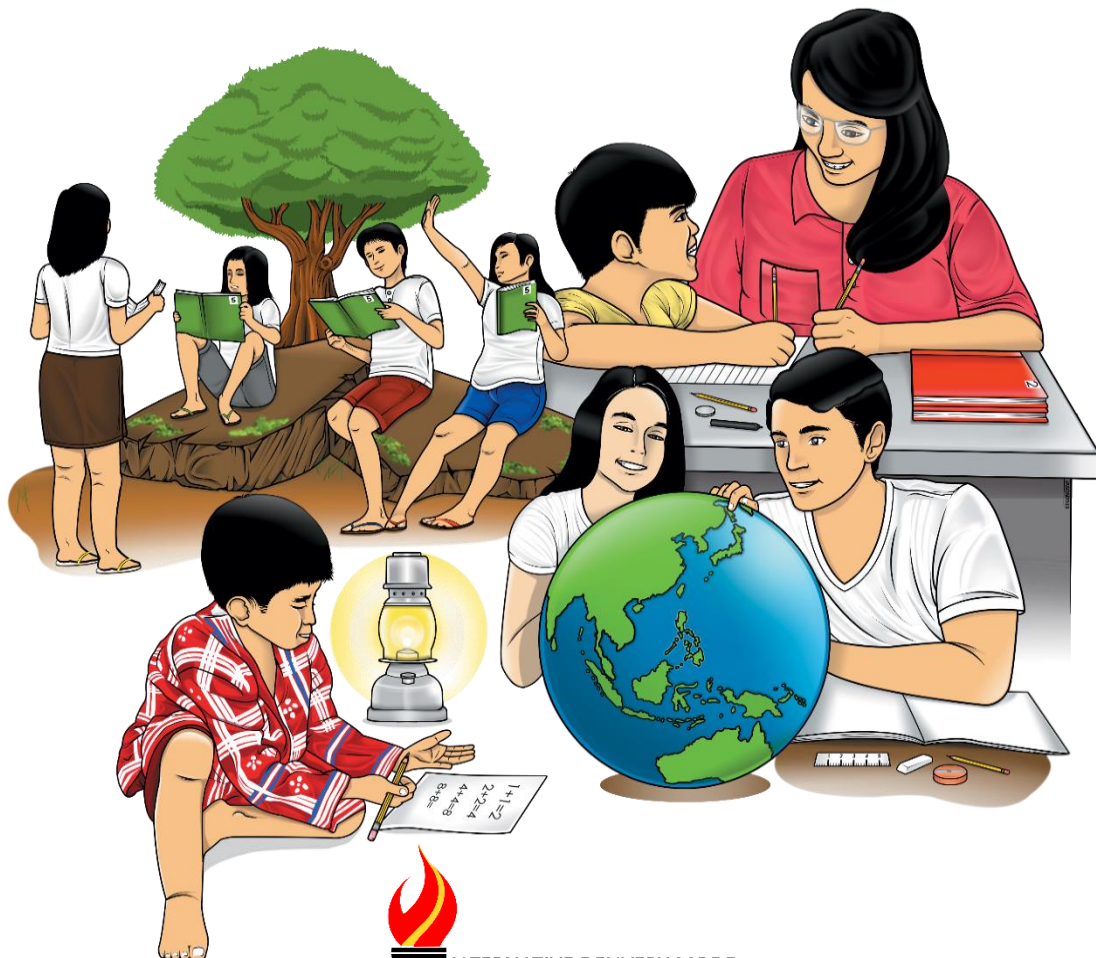


Technology and Livelihood Education

Home Economics - Nail Care

Quarter 0 – Module 1

Nail Care Tools and Equipment



TLE – Grade 8 Nail Care
Alternative Delivery Mode
Quarter 0– Module 1 Nail Care Tools and Equipment
First Edition, 2020

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**Technology and
Livelihood Education
Home Economics - Nail Care
Quarter 0 – Module 1
Nail Care Tools and Equipment**

Introductory Message

For the facilitator:

Welcome to the Technology and Livelihood Education Grade 8 Alternative Delivery Mode (ADM) Module on Sewing Tools and Equipment

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

In addition to the material in the main text, you will also see this box in the body of the module:



Notes to the Teacher

This contains helpful tips or strategies that will help you in guiding the learners.

As a facilitator you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the learner:

Welcome to the Technology and Livelihood Education Grade 8 Alternative Delivery Mode (ADM) Module on Sewing Tools and Equipment.

The hand is one of the most symbolized part of the human body. It is often used to depict skill, action and purpose. Through our hands we may learn, create and accomplish. Hence, the hand in this learning resource signifies that you as a learner is capable and empowered to successfully achieve the relevant competencies and skills at your own pace and time. Your academic success lies in your own hands!

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:



What I Need to Know

This will give you an idea of the skills or competencies you are expected to learn in the module.



What I Know

This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.



What's In

This is a brief drill or review to help you link the current lesson with the previous one.



What's New

In this portion, the new lesson will be introduced to you in various ways such as a story, a song, a poem, a problem opener, an activity or a situation.



What is It

This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.



What's More

This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.



What I Have Learned

This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.



What I Can Do

This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.



Assessment

This is a task which aims to evaluate your level of mastery in achieving the learning competency.



Additional Activities

In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned. This also tends retention of learned concepts.



Answer Key

This contains answers to all activities in the module.

At the end of this module you will also find:

References

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



What I Need to Know

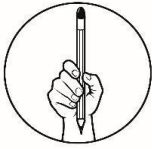
This module was designed and written with you in mind. It is here to help you to understand how to utilize the use of nail care tools and equipment. The scope of this module permits it to be used and apply the method of learning while earning. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The module contains one lesson:

LO1: Prepare the necessary tools and equipment for the specific nail care activity. (TLE_HEUTCG7/8-Oa-b-1)

After going through this module, you are expected to:

- 1.1. identify the uses of tools and equipment in nail care according to task requirements;
- 1.2. use tools and equipment according to task requirement; and
- 1.3. observe the safety procedure of using tools and equipment



What I Know

Directions: Read the questions carefully. Write the answer on a separate sheet of paper or a notebook.

1. It is made of metal or sandpaper with a rough file on one side to remove calluses and a fine file on the other to smoothen the feet
 - A. foot file
 - B. foot scrub
 - C. foot spa basin
 - D. callus remover
2. A tool used to push back and loosen the cuticles.
 - A. nail brush
 - B. nail clipper
 - C. cuticle nipper
 - D. cuticle nail pusher
3. A hand tool made of metal used to trim fingernails and toenails.
 - A. nail file
 - B. nail cutter
 - C. nail pusher
 - D. cuticle nipper
4. It is used to shape the free edges of the nail with the coarse side and level the nail with the finer side
 - A. nail file
 - B. nail buffer
 - C. emery board
 - D. cuticle nipper
5. It is used to cut the cuticles.
 - A. nail file
 - B. nail buffer
 - C. emery board
 - D. cuticle nipper
6. It is used to shape the free edge of the fingernails with the coarse side and level the nail on the fine side.
 - A. tweezer
 - B. nail file
 - C. emery board
 - D. orangewood stick
7. A tool used to pick up embellishments from the nail plate, retrieving and replacing nail art.
 - A. tweezer
 - B. nail file
 - C. emery board
 - D. orangewood stick

8. It is a handheld device made from gritty, exfoliating material like metal or emery that serves to remove tough, dead skin from the feet.
 - A. foot spa
 - B. foot file
 - C. nail buffer
 - D. nail polish remover
9. The implement with pointed and rounded ends to remove excess polish.
 - A. emery board
 - B. nail buffer
 - C. nail file
 - D. orangewood stick
10. As a beginner, how many minutes it will take to finish the manicure services to a client?
 - A. 30 minutes
 - B. 45 minutes
 - C. 60 minutes
 - D. 75 minutes
11. The electronic gadget which is used to soothe the pain of arthritis, muscle spasms and dry skin of the hands.
 - A. sterilizer
 - B. manicure table
 - C. foot spa machine
 - D. hand spa machine
12. The equipment used to sanitize or kill bacteria or microorganisms in metal implements.
 - A. alcohol
 - B. sterilizer
 - C. sanitizer
 - D. antiseptic
13. The equipment used in drying creative nail art and saves time in drying decorated nails.
 - A. nail art machine
 - B. nail dryer machine
 - C. nail printer machine
 - D. manicure art machine
14. It is held in the same manner as in writing a pencil.
 - A. Cuticle Nipper
 - B. Cuticle Pusher
 - C. Emery Board
 - D. Nail Cutter
15. It is held in the same manner as the nail file. Level the rough surface of the nail using the fine side to smoothen.
 - A. Cuticle Nipper
 - B. Cuticle Pusher
 - C. Emery Board
 - D. Nail Buffer

Lesson

1

Nail Care Tools and Equipment

Nails are a part of our body which must be kept clean. Taking care of our nails is a significant responsibility for us. The cleanliness of nails can be done with the help of different nail care tools and equipment. Everyone needs to know each uses to be aware of which tools and equipment are required for grooming and cleaning. Understanding the uses of nail care tools and equipment is vital to avoid injuries. Furthermore, it is also essential to learn the proper way of holding and handling some nail tools and equipment.



What's In

Activity 1: Word Search

Directions: Find the hidden words in the grid running either horizontally, vertically, or in diagonal directions. Write your found words on a separate sheet of paper.

S	L	B	Q	K	R	M	V	C	R	B	N	T	M	E
J	P	S	Y	I	T	F	Q	E	U	O	R	U	P	J
X	C	A	J	U	K	G	M	D	I	Z	P	E	F	Y
D	I	E	T	E	X	O	T	H	K	C	D	G	I	Q
G	T	S	L	U	V	J	S	G	Y	U	I	E	H	R
Q	P	M	D	E	L	U	Q	P	W	T	Q	V	C	Y
K	E	T	R	B	C	A	D	J	R	I	R	H	O	P
W	S	R	E	N	E	T	I	H	W	C	A	S	T	X
E	I	R	U	P	N	U	L	Z	D	L	Z	I	T	U
B	T	Z	E	L	V	I	S	A	M	E	Q	M	O	M
R	N	U	G	H	O	X	P	Y	N	A	L	R	N	V
Y	A	E	M	A	S	N	V	P	C	R	J	V	Z	I
L	G	J	D	V	L	U	W	Q	E	N	M	Q	D	T
E	P	R	H	E	N	X	P	I	W	R	O	J	O	I
D	U	D	C	X	T	W	E	E	Z	E	R	S	Y	E

Guide questions:

1. What are the words that you found in the grid?
2. Are you familiar with these words?
3. What do you call these words?



What's New

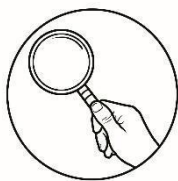
Cleaning nails is part of a self-care routine for some people. But did you know that caring for your nails goes way back? Nail care reveals some intriguing fact that it is a symbol of status. It becomes a part of fashion and glamour.

If you are in a salon, you will see a lot of nail care tools and equipment. Can you identify from the list inside the box which of them are tools and equipment? Write your answer in your activity notebook in a table format.

Cuticle Nipper	Emery Board	Nail Buffer	Stool
Cushion	Nail File	Hand spa	Machine
Nail Cutter	Manicure Table	Tweezers	Callous Remover
Manicure Tray	Nail Dryer	Foot File	Nail Art Machine

Format:

Tools (Column A)	Equipment (Column B)
Ex. Cuticle Scissor	



What is It

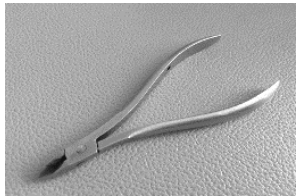
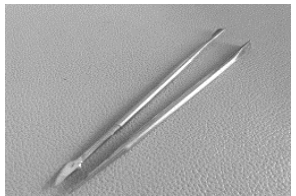
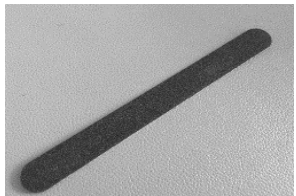
Nail care tools and equipment are the things used in cleaning and taking care of nails. Each tool or equipment has its use, and it is essential to know each use to determine which of them can be used depending on the needs like for cutting, grooming, or cleaning. Understanding the uses of it is also vital to avoid injuries, and to save money because you can maintain your fingernails and toenails even at home.

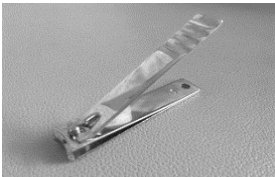

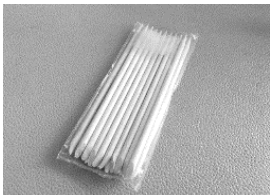
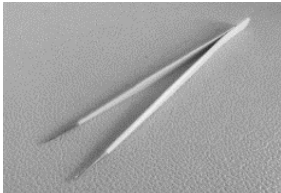
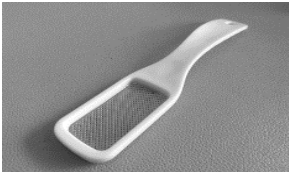
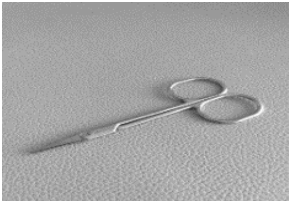
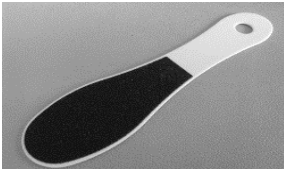
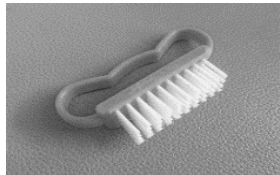
From the activity given above, check your answer if your identification on tools and equipment is correct as you read the information below.

A. Nail Care Tools and Equipment







Nail care tools are the articles used in any nail care services like manicure and pedicure performed at home or in a beauty care shop. Most of them are durable and handheld.









Some of the tools commonly used are the following:

Uses	Tools
Cuticle nipper is a tool used to trim or cut the cuticle	
Cuticle Pusher is a tool used to push back and loosen the cuticle. It is a must for a nail procedure, especially if there is an excess of cuticle growth.	
Emery Board is used to shape the free edge of the fingernails with the coarse side and level the nail on the fine side.	

<p>Nail Cutter is used for trimming the fingernails, toenails, and hangnails.</p>	
<p>Nail File is used to shape and smooth the free edge of the nail.</p>	
<p>Orangewood Stick is a tool used to loosen cuticle to work around the nail, and for applying the cream, oil, or solvent to the nail cuticle.</p>	
<p>Tweezer is used to pick up embellishments from the nail plate, retrieving and replacing nail art.</p>	
<p>Callus Remover is a tool designed to strip off calluses and corns. It exfoliates the skin and makes the skin soft.</p>	
<p>Cuticle scissors are used for trimming the dead skin around the base of the nail bed. These are scissors with a curved tip aids in cutting the natural curvature of the nail.</p>	
<p>Foot File is a handheld device made from porous, exfoliating material like metal or emery that serves to remove tough, dead skin from the feet.</p>	
<p>Nail Brush is a tool used to remove cosmetics and cleanse nails.</p>	

There are also cosmetics and materials used in manicure, pedicure, hand, and foot spa. These are consumables. Some of these are the following:

Uses	Consumables (Cosmetics and Materials used in pedicure, manicure, hand and foot spa)
Cuticle Cream is used to prevent brittle nails and dry cuticle.	
Cuticle remover is used to soften the dead cuticle around the nails.	
Cuticle Oil is used to soften and lubricate the skin around the nails.	
Base Coat is a transparent layer of polish applied to the nail plate before the application of colored polish to smoothen the surface for color and promote healthier nails.	
Nail Polish is a lacquer applied on fingernails and toenails to decorate and protect the nail plate.	
Nail Polisher is a solvent containing acetone or other solvents used to thin out the nail polish when its thickened	



<p>Nail Whitener is a paste, cream or coated string that consist mainly of white pigment</p>	
<p>Nail Drier is a fine spray which protects the nail against stickiness and dulling.</p>	
<p>Top Coat is a liquid applied over the nail polish.</p>	
<p>Antiseptic Solution is an agent that reduces or prevents the multiplication of micro- organisms.</p>	
<p>Absorbent cotton is an agent to remove cosmetics on the nails.</p>	
<p>Antiseptic/Alcohol is an agent used for minor injuries to tissues surrounding the nails.</p>	
<p>Disinfectants is an agent used to sanitized implements and sponge the manicure table.</p>	
<p>Spatula is a material used to remove creams from jars</p>	

Equipment

Equipment is permanent things like furniture and fixtures used to perform nail services.

Below are commonly used equipment.




Description/Uses	Equipment
<p>Manicure Table is furniture designed where a manicurist/ nail technician does her work. It has a laminated plastic surface and a drawer for storing materials.</p>	
<p>Manicure's chair or stool is the adjustable upholstered seat fitted over a metal or chrome</p>	
<p>Foot Spa machine is an electronic gadget used for soaking, bathing and massaging the feet during a foot spa.</p>	
<p>Hand Spa machine is an electronic gadget used to soothe the pain of arthritis, muscle spasms, and dry, cracked skin of the hands.</p>	
<p>A sterilizer is an equipment in a salon used for sterilizing metal implements to kill microorganisms.</p>	
<p>The timer is a device that can be preset to start or stop something at a given time.</p>	

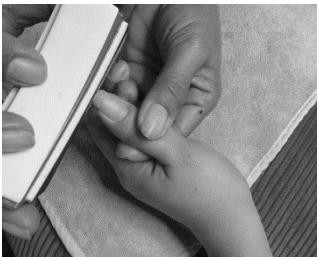



<p>Nail Dryer Machine is an equipment used in drying creative nail art and saves time in drying decorated nails.</p>	
<p>Nail Art Machine is an equipment used extensively by professionals and has various types.</p>	

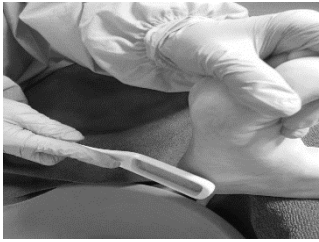

A. Safety Procedures of Using Tools and Equipment

Nail Care is now within reach of the masses, and it is part of a person's grooming and a form of relaxation, either manicure, pedicure, hand spa, or foot spa. Learning to use tools and equipment properly ensures giving clients a nail care service safely.



1. Proper holding and handling of some tools.

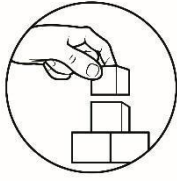
<p>1.1 Cuticle Nipper</p> <ul style="list-style-type: none"> Pick up the cuticle nipper by the handles and turn the cutting edges towards you; place the bent tip of the index finger over the top of the shank. Place the thumb on the side of the handle and the remaining fingers over the opposite handle. Use it with utmost care to remove dead cuticle and hangnails so as not to injure live tissue. 	
<p>1.2 Cuticle Pusher</p> <ul style="list-style-type: none"> It is held in the same manner as in writing with a pencil. The dull spade side is used to push back and loosen the cuticles. Keep the cuticle moist using cuticle remover while working. Use the cuticle pusher in a flat position to remove dead cuticle adhering to the nail without scratching the nail plate. In using the pusher, avoid too much pressure to prevent injury on tissues. 	
<p>1.3 Emery Board</p> <ul style="list-style-type: none"> It is held in the same manner as the nail file. Bevel the rough surface of the nail using the fine side to smoothen it. Emery boards are discarded after use on one person. 	

<p>1.4 Nail Buffer</p> <ul style="list-style-type: none"> Place the thumb and the ring finger under the handle of the buffer while the index and the middle fingers are on its top and the pinky is on its side. Apply a small amount of powder over the buffer then buff the nails with downward strokes from the base to the free edge of each nail until a smooth clear gloss has been obtained. Buffing helps in giving the nail natural gloss and increases blood circulation to the fingertips. To prevent heating and burning sensation, lift the buffer from the nail after each stroke. 	
<p>1.5 Nail Cutter</p> <ul style="list-style-type: none"> Raise the lever up and turn it in a circular motion 180 degrees, then lower the lever again toward the base of the clippers. Hold the nail clippers in your right hand with your thumb on the lever and the base resting against your index finger if you're right-handed. Place the head, where the cutting blades are located, around the fingernail or toenail you intend to cut. Apply pressure on the lever or handles, being careful that the head of the clippers remains in place. Use the file included on the clippers to smooth any overly rough spots left by the nail clipper. 	
<p>1.6 Nail File</p> <ul style="list-style-type: none"> Hold the file firmly in the right or left hand (as the case may be), with the thumb underneath it for support and the other four fingers on its upper surface. Place the file slightly under the free edge and file the nail from corner to center, shaping the nail. Never file back and forth; this would cause the nails to crack and split. Do not file deep into the corners; this weakens the nails, hurts the skin and causes ingrown nails. 	
<p>1.7 Orangewood Stick</p> <ul style="list-style-type: none"> Hold the stick like a pencil with a tip at 20-30 degrees from the nail plate while pushing the cuticles free. To loosen cuticle, work around nail; for applying oil or solvent, slightly dip the cotton-tipped orangewood stick and work around the base of the nail; to clean under the free edge of the nail, from the center toward each side, with gentle pressure so that live tissue at the root of the nail will not be injured. 	

<p>1.8 Callus Remover</p> <ul style="list-style-type: none"> Insert the blade into the callous remover with care. Lay the callous remover on the top thick part of the callous. Do not lay the blade above the area that is going to be cut, as this may result in cutting the soft part of the foot, resulting in an open wound. Applying light pressure with a steady hand on the callous remover, gently glide it over the callous. Repeat the process if necessary until the callous is thinner. Smoothen the callous with a foot file. 	
<p>1.9 Foot file</p> <ul style="list-style-type: none"> Start with the course side of the foot file. Gently slide it back and forth across the ball of your foot and the bottom the toes. Still with the rough side of the file work mostly on the outside rim of the heel. Flip the file over and repeat the process with each foot. The fine side will smoothen the skin and leave it feeling polished. 	

2. Proper holding and handling of some equipment.

<p>2.1 Hand and Foot Spa Machine</p> <ul style="list-style-type: none"> Ensure that electrical wirings are dry and protected from accidental water spillage. Set the machine to the temperature that the client can withstand. 	
<p>2.2 Nail Dryer</p> <ul style="list-style-type: none"> Use a nail dryer with time features and set the timer for the allotted time. 	



What's More

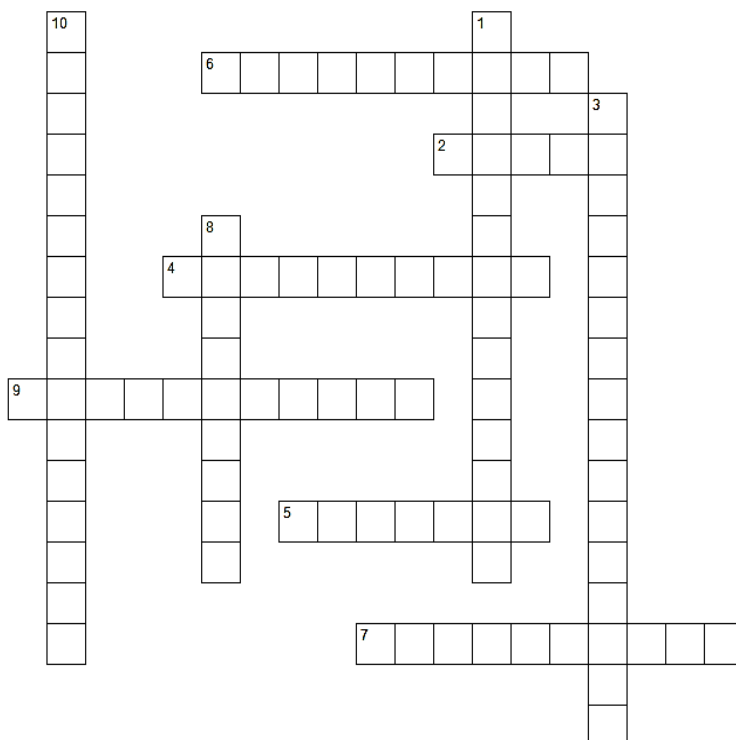
Activity 1

Directions: TRUE or FALSE. Write TRUE if the statement is true and FALSE if the statement is false. Write the answer on a separate sheet of paper or a notebook.

- _____ 1. A cuticle pusher is held in a manner as in writing in a paper.
- _____ 2. Emery board is held in the same manner as the nail file.
- _____ 3. Hold the orange wood stick like a pencil with a tip at 30-40 degrees from the nail plate while pushing the cuticle free.
- _____ 4. When using the nail cutter, raise the lever up and down and turn it in a circular motion.
- _____ 5. Use the nail dryer with time features and set the timer for allotted time.

Activity 2. Crossword Puzzle

Directions: Answer the crossword puzzle by completing it using the given clue. Write your answer on a separate sheet or to your activity notebook.



Across:

2. a device that can be preset to start or stop
4. an equipment used in drying creative nail art
5. a tool used to pick up embellishments
6. a tool used to remove cosmetics and cleanse nails
7. a metal implements to kill micro-organisms
9. used to shape the free edge of the finger nails

Down:

1. a tool used to trim or cut the cuticle
3. a tool used to loosen cuticle
8. a tool used to shape and smooth the free edge of
10. an electronic gadget used to soothe muscle spasm

Activity 3

Directions: Read the situation in the box and fill in the answer in the blank below.
Write your answer in your activity notebook.

Liza is a Grade 8 student of Mahinhin NHS. She was tasked by her TLE teacher to clean the nails of her classmate as part of their performance task. Liza found out that the nails of her classmate have dead skin around the nails.

What specific or appropriate tools will Liza use in order to do the task accurately?
How will she clean it using the identified tool?
In order to ensure safety, what must Liza do?

If I am Liza, I will use (name of tool) _____. I will clean the nails and remove the dead skin around using _____ (name of tool) by _____ (process of cleaning). To avoid accidents and to ensure safety, I must _____.



What I Have Learned

Directions: Read the questions carefully. Write the correct missing word in your activity notebook.

1. _____ is a tool used to loosen the cuticle.
2. _____ is used to shape the free edge of the fingernails.
3. _____ is a tool used to trim or cut the cuticle.
4. _____ raised the lever up and turned it in a circular motion 180 degrees.
5. _____ is a tool used to loosen cuticle to work around the nail, and for applying cream, oil, or solvent to the nail cuticle.
6. _____ it helps in giving the nails natural gloss and increase blood Circulation to the fingertips.
7. _____ is an electronic gadget used for foot soaking, bathing and massaging.
8. _____ is an electronic gadget used to soothe the pain of muscle spasms and dry, cracked skin on the hands.
9. _____ is applied to all metal implements after every use.
10. _____ is an equipment used extensively by professionals and has various types.



What I Can Do

Activity 1

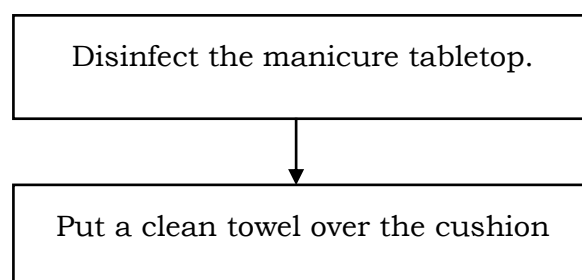
Instruction: Complete the table and write your answer in the separate sheet of paper.

Task to be performed	Tools/Materials/equipment to be used	How to do it with safety and accuracy
1. Trimming the nails		
2. Removing cuticle		
3. Loosen the cuticle		

Activity 2

Directions: After learning how to use the different nail care tools and equipment accurately, demonstrate how you perform manicure to the client through a flow chart. The first two are done for you.

Manicure

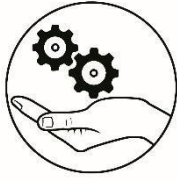




Assessment

1. It is an implement with pointed and rounded ends used to remove excess polish.
 - A. emery board
 - B. nail buffer
 - C. nail file
 - D. orangewood stick
2. As a beginner, how many minutes it will take to finish the manicure services to a client?
 - A. 30 minutes
 - B. 45 minutes
 - C. 60 minutes
 - D. 75 minutes
3. It is the electronic gadget that is used to soothe the pain of arthritis, muscle spasms, and dry skin of the hands.
 - A. sterilizer
 - B. manicure table
 - C. foot spa machine
 - D. hand spa machine
4. The equipment used to sanitize or kill bacteria or microorganisms in metal implements.
 - A. alcohol
 - B. sterilizer
 - C. sanitizer
 - D. antiseptic
5. It is the equipment used in drying creative nail art
 - A. nail art machine
 - B. nail dryer machine
 - C. nail printer machine
 - D. manicure art machine
6. It is held in the same manner as in writing a pencil.
 - A. Cuticle Nipper
 - B. Cuticle Pusher
 - C. Emery Board
 - D. Nail Cutter
7. It is held in the same manner as the nail file. Level the rough surface of the nail using the fine side to smoothen.
 - A. Cuticle Nipper
 - B. Cuticle Pusher
 - C. Emery Board
 - D. Nail Buffer

8. It is made of metal or sandpaper with a rough file on one side to remove calluses.
- A. foot file
 - B. foot scrub
 - C. foot spa basin
 - D. callus remover
9. It is a tool used to push back and loosen the cuticles.
- A. nail brush
 - B. nail clipper
 - C. cuticle nipper
 - D. cuticle nail pusher
10. A hand tool made of metal used to trim fingernails and toenails.
- A. nail file
 - B. nail cutter
 - C. nail pusher
 - D. cuticle nipper
11. It is used to shape the free edges of the nail with the coarse side and level the nail with the finer side
- A. nail file
 - B. nail buffer
 - C. emery board
 - D. cuticle nipper
12. It is used to cut the cuticles.
- A. nail file
 - B. nail buffer
 - C. emery board
 - D. cuticle nipper
13. It is used to shape the free edge of the fingernails with the coarse side and level the nail on the fine side.
- A. tweezer
 - B. nail file
 - C. emery board
 - D. orangewood stick
14. A tool used to pick up embellishments from the nail plate, retrieving and replacing nail art.
- A. tweezer
 - B. nail file
 - C. emery board
 - D. orangewood stick
15. It is a handheld device made from gritty, exfoliating material like metal or emery that serves to remove tough, dead skin from the feet.
- A. foot spa
 - B. foot file
 - C. nail buffer
 - D. nail polish remover



Additional Activities

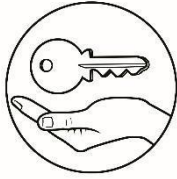
Directions: Demonstrate the proper use of the following tools based on the specific task listed below.

- a. Cuticle Nail Pusher
- b. Nail File
- c. Orangewood Stick
- d. Nail Cutter

1. Apply cuticle remover to the cuticle in one stroke. Spread it with a brush.
2. Allow standing for 1 minute.
3. Hold an orangewood stick tipped with cotton or cuticle nail pusher 2.5 cm from the tip.
4. Starting at one side of the nail, gently begin to loosen the cuticle with a rotating action. Work from one side of the nail to the other.
5. Using the tip of the implement, remove the matter from under the free-edge.
6. Using cotton, carefully mold back skin, wiping off remaining cuticle remover.

Rubrics for scoring:

Criteria for grading the performance	Score
Demonstrated the proper way of using all nail care tools and equipment	40
Demonstrated the proper way of using most of the nail Care tools and equipment	20
Demonstrated the proper way of using some of the nail care tools and equipment	10
Failed to demonstrate the proper way of using nail care tool and equipment	5



Answer Key

What I know

1. D
2. D
3. B
4. D
5. D
6. C
7. A
8. B
9. D
10. C
11. C
12. B
13. B
14. B
15. C

What's New

Column A

Cuticle Nipper
Emery Board
Nail Cutter
Callus remover
Foot File
Tweezer
Nail Buffer
Cushion
Nail File

Column B

Hand Spa Machine
Stool
Nail Art Machine
Manicure Table
Nail Dryer

S	L	B	Q	K	R	M	V	C	R	B	N	T	M	E
J	P	S	Y	I	T	F	Q	E	U	Q	R	U	P	J
X	C	A	J	U	K	G	M	D	I	Z	P	E	F	Y
D	E	T	E	X	Q	T	H	K	C	D	G	I	Q	
G	T	S	L	U	J	S	G	Y	L	I	E	H	R	
Q	P	M	D	E	L	U	Q	P	W	T	Q	V	C	Y
K	E	T	R	B	C	A	D	J	R	I	R	H	O	P
W	S	R	E	N	E	T	I	H	W	C	A	S	T	X
E	R	U	P	N	U	L	Z	D	L	Z	I	T	U	
B	T	Z	E	L	V	I	S	A	M	B	Q	M	O	M
R	N	U	G	H	O	X	P	Y	N	A	L	R	N	V
Y	A	E	M	A	S	N	V	P	C	R	J	V	Z	I
L	G	J	D	V	L	U	W	Q	E	N	M	Q	D	T
E	P	R	H	E	N	X	P	I	W	R	O	J	O	I
D	U	D	C	X	T	W	E	E	Z	E	R	S	Y	E

What's In

What's More

Activity 1:

False
True
False
True
False
True

Activity 2: Crossword Puzzle

Cuticle Nipper
Tweezer
Nail File
Hand Sp Machine
Timer
Nail Brush
Emery Board
Sterilizer
Nail Dryer
Orangewood Stick

Activity 3:

Teacher will check

What I Have Learned

Cuticle pusher
Emery Board
Cuticle Nipper
Nail Cutter
Orangewood Stick
Callus Remover
Foot spa Machine
Hand spa Machine
Sterilization
Sterilizer

Assessment

1. D
2. D
3. C
4. B
5. B
6. C
7. B
8. C
9. D
10. B
11. D
12. D
13. C
14. A
15. B

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