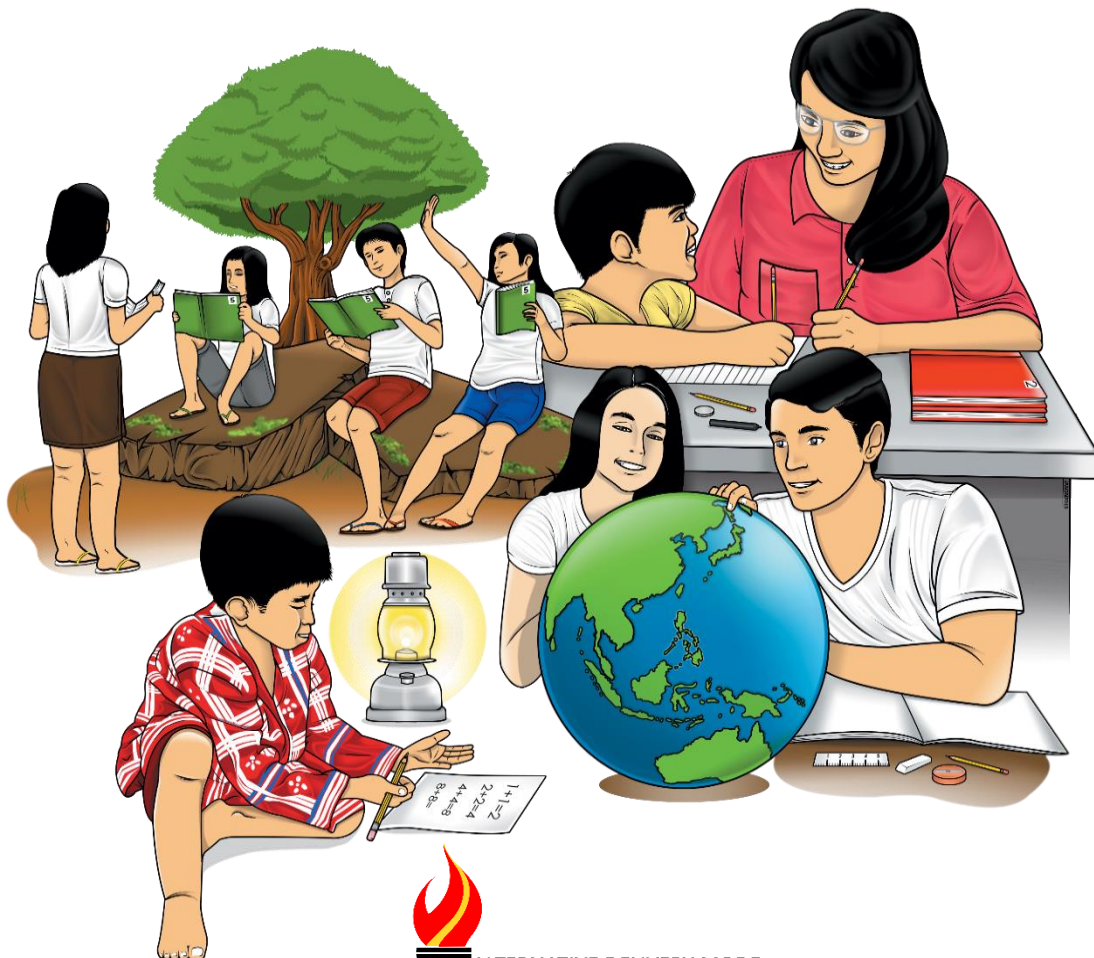


# Technology and Livelihood Education

## Home Economics - Nail Care

### Quarter 0 – Module 4-8

### Nail Structure and Shape



ALTERNATIVE DELIVERY MODE  
**ADM**

**TLE – Grade 8 Nail Care  
Alternative Delivery Mode  
Quarter 0 - Module 3 Identify Nail Structure and Shape  
First Edition, 2020**

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**Development Team of the Module**

**Writer:** April Joy C. Dorilag

**Editor:** Geraldine F. Vergas

**Reviewers:** Ruby C. Limen, Ma. Ligaya C. Azarcon, Lorna L. Estal, Virginia T. Mahinay, Elizabeth A. Bautista, Grace Ando, Rowna Timcang, Lonila Floria

**Illustrator:** Joseph T. Escobido

**Layout Artists:** Lorilie T. Aquit, Eljun A. Calimpusan, May D. Olavides

**Management Team:** Francis Cesar B. Bringas, Isidro M. Biol, Maripaz F. Magno, Josephine Chonnie M. Obseñaries, Minerva T. Albis, Imee R. Vicariato, Genevieve S. Verceles, Corazon F. Adrales

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Department of Education – Caraga Region**

Office Address: Teacher Development Center  
J.P. Rosales Avenue, Butuan City, Philippines 8600  
Tel. No./Telefax: (085) 342-8207/ (085) 342-5969  
E-mail Address: caraga@deped.gov.ph

# 8

## **Technology and Livelihood Education Home Economics- Nail Care Quarter 0 – Module 4-8 Nail Structure and Shape**

# **Introductory Message**

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



## ***What I Need to Know***

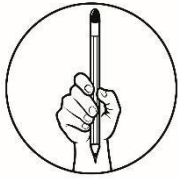
This module was designed and written with you in mind. It is here to help you master Nail Care Services. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the 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.

This module contains lesson in:

LO1 – Identify nail structure and shapes. (TLE\_HEBC/8MT-Oj-6)

After going through this module, you are expected to:

- 1.1.1. Identify nail structure and shapes;
- 1.1.2. Perform nail trimmings to varied shapes;



## ***What I Know***

Directions: Choose the letter of the best answer. Write the chosen letter in your notebook.

1. A healthy nail is \_\_\_\_\_.
  - A. hollow and wavy
  - B. brown and thick
  - C. yellowish and thick
  - D. smooth, shiny and pinkish
2. It is horny covering on the upper external part of the fingers and toes.
  - A. nail
  - B. hair
  - C. skin
  - D. keratin
3. It is the technical term for nail.
  - A. onix
  - B. plate
  - C. onyx
  - D. keratin
4. Why do manicurists need to familiarize the nail structure?
  - A. To develop nail disorder.
  - B. To properly clean the nails.
  - C. To be able to face the client confidently.
  - D. To avoid injury, that may lead to nail disorder.
5. The average growth of fingernails for adults.
  - A. 1/8 inch every year
  - B. 1/2 inch every month
  - C. 1/8 inch every week
  - D. 1/8 inch every month
6. Its edge is the lunula.
  - A. nail root
  - B. nail plate
  - C. free edge
  - D. nail groove
7. It is the skin beneath the nail plate.
  - A. nail bed
  - B. nail matrix
  - C. nail groove
  - D. hyponychium

8. This part of the nail is where you can trim or cut and file and shape.
  - A. nail root
  - B. nail plate
  - C. free edge
  - D. nail groove
9. It is the hard part of the nail which is made of translucent keratin protein.
  - A. nail root
  - B. nail plate
  - C. free edge
  - D. nail groove
10. It is also called "Mother of nails".
  - A. nail bed
  - B. nail plate
  - C. nail matrix
  - D. hyponychium
11. It has a straight and sharp edge and squared off at the tip.
  - A. oval nail
  - B. round nail
  - C. square nail
  - D. pointed nail
12. It is an oval shape that has a point curving to a base like a triangle.
  - A. oval nail
  - B. round nail
  - C. square nail
  - D. pointed nail
13. It is slightly rounded at the base and slightly pointed at the fingertips.
  - A. oval nail
  - B. round nail
  - C. square nail
  - D. pointed nail
14. This shape of nail has straight sides that round-up with a flat-edge tip.
  - A. oval nail
  - B. round nail
  - C. square nail
  - D. squoval nail
15. It is located around the base part of the nail.
  - A. cuticle
  - B. nail bed
  - C. free edge
  - D. hyponychium

## Lesson

# 1

## Nail Structure and Shape

In this lesson, you will be able to know the structure of the nails. It will help you recognize the parts of the pins, its functions, and nail shape. By studying the parts of the nails, you will be able to understand why nails grow and how to take care of the nails. It also helps you in picking the right nail shape for your fingernails.



### *What's In*

In your previous lesson, you have learned about preventive and corrective maintenance of tools, and how to keep it safe. To look back on what you have learned in the last module, answer this activity below.

#### **Activity 1**

Directions: Write True if the statement is correct and False if it is not. Write your answer on your activity notebook.

1. Metal tools are kept in a clean container after sterilizing.
2. Towels should be laundered every after service.
3. Metal tools like buffers should be soaked in hot water at least once a week.
4. Tools like buffer, emery board, and orangewood stick are disposed of after use.
5. Blunt cuticle nipper is disposed of immediately.





## ***What's New***

Directions: Study the two pictures and carefully observe the toenails.

What have you noticed with the toenails?



(Write your observations)	(Write your observations)

What do these two pictures represent? How do these two pictures relate to our lesson?

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## ***What is It***

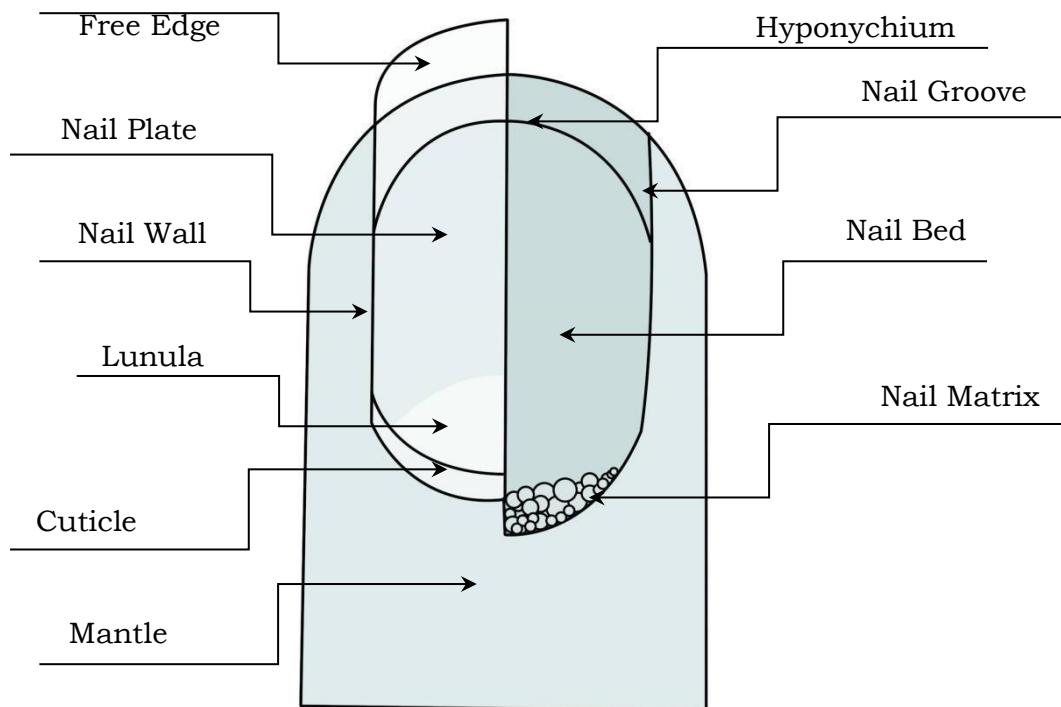
### **Nail Structure**

Every manicurist should familiarize the structure of nails. It will make them understand its functions to avoid injuries, which may lead to nail disorder. A manicurist should not only clean the fingernails but also take care of it.

Nail is a horny covering on the upper external part of the fingers and toes. It is a part of the skin made up of protein and keratin similar to hair; it is the hardest keratin. Onyx is the technical term for nails that protects the tip of the fingers and toes. Fingernails help the fingers grasp small objects. A healthy nail is smooth, shiny, and pinkish. The nail surface should be curved, unspotted, and do not have wavy ridges or hollows.

The average rate growth of fingernails for adults is 1/8 inch every month, while toenails grow slowly. Usually, every four months, nails replace themselves. The nail on the middle finger grows fastest on the middle and slowest on the thumb.

Parts of the actual nail and the structures



The actual nail consists of the following:

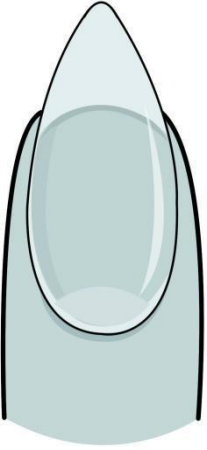
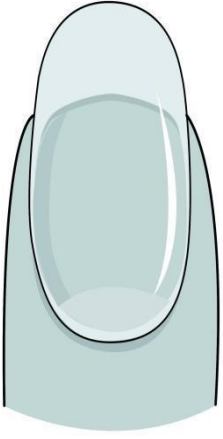
1. Nail Plate – it is the hard part of the nail, which is made of translucent keratin protein. It is strong and flexible because of several layers of dead compacted cells.
2. Free edge – it is an extension of the nail plate that overlaps the hyponychium. This part of the nail is where you can trim or cut and file and shape.
3. Nail Root –Its edge is the lunula. The root portion of this nail lies below the skin beneath the nail and extends into the finger.

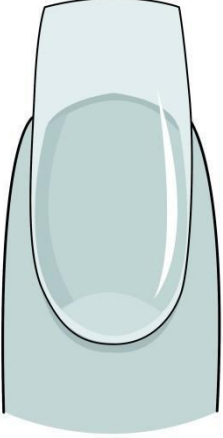
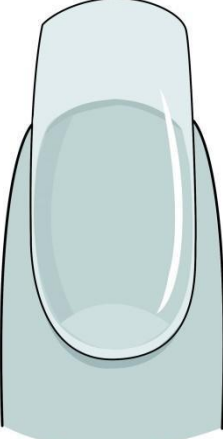
The structure beneath the nails;

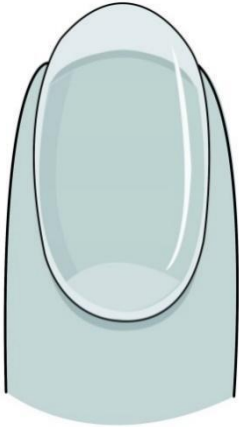
1. Nail Matrix – a part of the nail bed that contains nerves, lymph, and blood vessels. It produces cells that turn into the nail plate. The matrix is called “Mother of nails.”
2. Nail Bed – it is the skin beneath the nail plate. The nail plate becomes thinner as one grows older. It gives supply nourishment and protection in your nails.
3. Nail Wall – it is the folds of the skin overlapping the nails. Its function is to protect the sides of the nail plate edges.
4. Lunula – it is whitish crescent-shaped of the nail, which is the noticeable part of the matrix. This part of the nail is seen in the thumb. It is slightly soft in this area, thus can easily be damaged.
5. Cuticle – this is located around the base part of the nail. The cuticle protects the matrix from possible infection. This keeps your nails in shape; thus, if damaged, the nail will be permanently deformed.
6. Nail Groove – it lies alongside the edge of the nail plate. This keeps the nail grows in a straight line.
7. Hyponychium – it is located underneath the free edge of the nail. This protects the nail bed from infection.

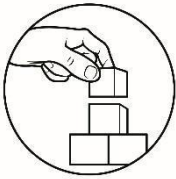
## Shapes of Nail

Nail shapes should be becoming to your fingernails. Below are the different shapes of nails that a manicurist and client should agree on before manicure service.

Nail Shape	Description	How to do it?
<p>1. Pointed Nail</p>  <p>The diagram shows a light blue nail on a darker blue hand. The nail is elongated and tapers to a sharp point at the tip. The sides are slightly curved inward towards the center point.</p>	<p>– it is an oval shape that has point curving to a base like a triangle. It is best for long nails.</p>	<p>Find the center spot of the tip of your client’s nail. File both sides to take a peek at the center point. Then smoothen it out to avoid sharp edges.</p>
<p>2. Oval Nail</p>  <p>The diagram shows a light blue oval nail on a darker blue hand. The nail is wider than it is tall, with rounded ends at both the base and the tip. The sides are gently curved.</p>	<p>– this shape of the nail is best for those who have long nail beds. It is slightly rounded at the base and slightly pointed at the fingertips. This shape looks good in short to medium nail length.</p>	<p>Start filing around the sides of the nails; achieve an egg-like shape.</p>

Nail Shape	Description	How to do it?
<p data-bbox="217 367 437 400">3. Square Nail</p> 	<p data-bbox="603 367 979 562">– it has a straight and sharp-edged and squared off at the tip. It matches a shorter nail to lessen tapering</p>	<p data-bbox="1040 367 1374 562">Trim the nails using a nail file. Shape them straight across. Smoothen the edges to avoid roughness.</p>
<p data-bbox="217 1084 448 1117">4. Squoval Nail</p> 	<p data-bbox="603 1084 1007 1234">– it is a combination of square and oval nail shape or more likely a square with soft edges.</p>	<p data-bbox="1040 1084 1382 1279">You have to shape your client’s nails in an oval as usual, and then shape it across the tip to square it out a little.</p>

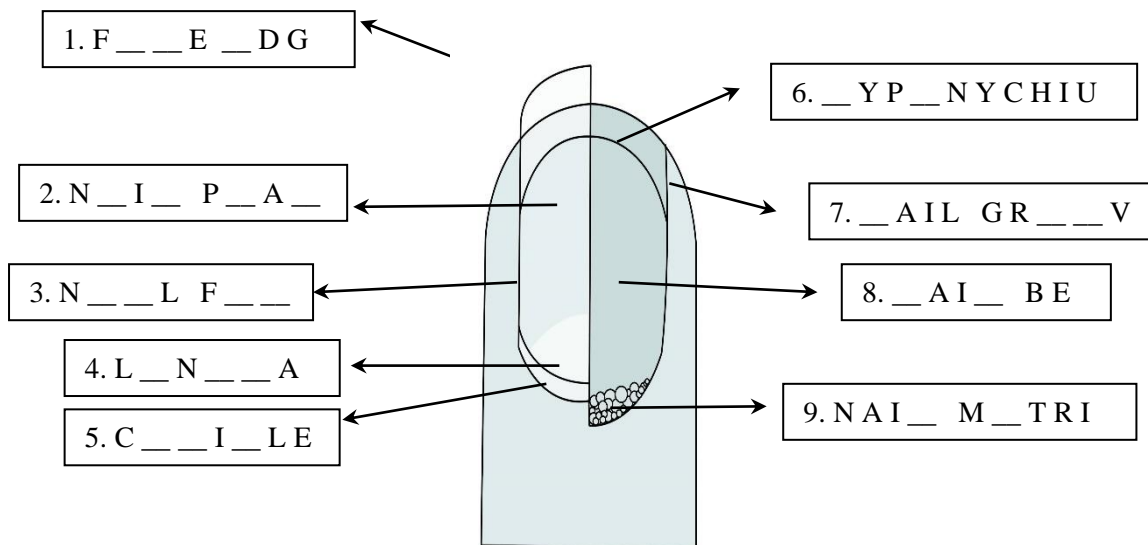
Nail Shape	Description	How to do it?
<p>5. Round Nail</p> 	<p>- this shape of nail has straight sides that round-up with a flat-edge tip. More likely, this shape goes well with short nails with round nail beds. It is best for those who have worked with bare hands like gardening or hand washing.</p>	<p>Shape the nail square initially, and then you follow the natural curve of the fingertips.</p>



## What's More

### Activity 1. Let us connect!

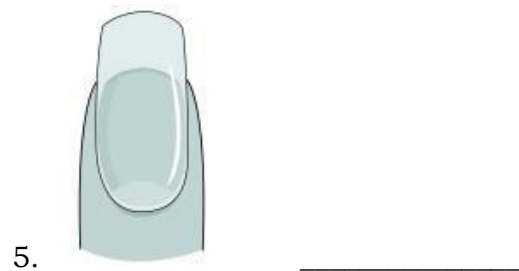
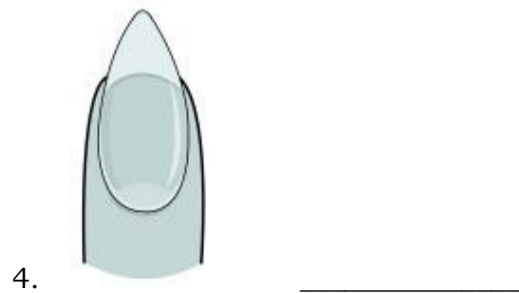
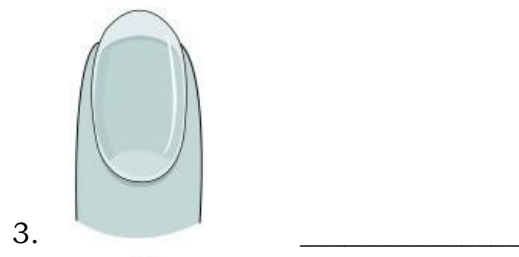
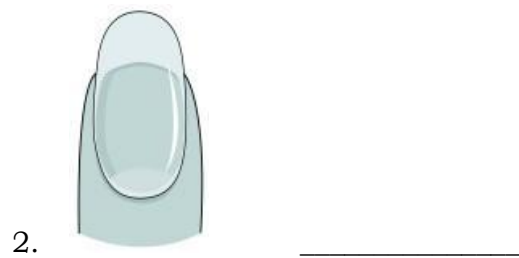
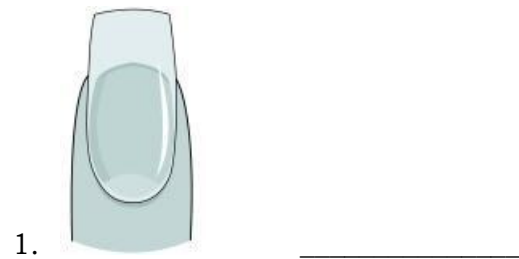
The image below is some parts of the nail that a good manicurist should be familiarized with. Label the picture below by filling up the letters to form a word/s on the box. Write your answer on your activity notebook.



## Activity 2. Can you recognize the picture?

To be ready with shaping and cleaning your nails, you must familiarize the different shapes of nails.

Identify the shape of the nails below: (Write your answers on your activity notebook.)



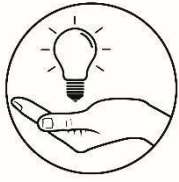
### Activity 3. What is my function in your nails?

Cleaning and taking care of your nails or your client's nails will be much easier if you are familiar with its part and function. This activity will enrich your knowledge of nail parts and their functions.

Directions: Give the functions of each nail part. Write your answers in your notebook.

Part of nail	Its function
1. Nail Matrix	
2. Cuticle	
3. Lunula	
4. Nail Bed	
5. Hyponychium	



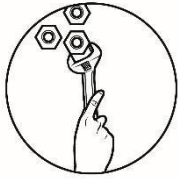


## ***What I Have Learned***

To sum up your learning, here are some points to remember.

Directions: Fill in the correct word to complete the sentence; write your answers on your activity notebook:

1. \_\_\_\_\_ is a horny covering on the upper external part of the fingers and toes.
2. \_\_\_\_\_ is the technical term for nails which protects the tip of the fingers and toes.
3. The nail surface should be curved, \_\_\_\_\_ and do not have wavy ridges or hollows.
4. The average rate growth of fingernails for adults is \_\_\_\_\_ every month, while toenails grow slowly.
5. \_\_\_\_\_ is the hard part of the nail, which is made of translucent keratin protein.
6. \_\_\_\_\_ is an extension of the nail plate that overlaps the hyponychium. This part of the nail is where you can trim or cut and file and shape.
7. \_\_\_\_\_ is known as the germinal matrix. Its edge is the lunula. The root portion of this nail lies below the skin beneath the nail and extends into the finger.
8. \_\_\_\_\_ has a straight and sharp-edged and squared off at the tip. This matches a shorter nail to lessen tapering.
9. \_\_\_\_\_ nail shape is best for those who have long nail beds. It is slightly rounded at the base and slightly pointed at the fingertips. This shape looks good in short to medium nail length.
10. \_\_\_\_\_ nail shape has straight sides that round-up with a flat-edge tip. More likely, this shape goes well with short nails with round nail beds. It is best for those who have worked with bare hands like gardening or hand washing.



## What I Can Do

Let's trim and shape!

In this activity, you have a lot of time discovering and practicing your skill in shaping nails. Every week you have one nail shape to discover and practice. As they say, practice makes perfect, just enjoy!

### A. Round Nail Shape (1st Week Activity)

Directions: Trim and shape the nails of a family member or anyone close to you. Shape his/her nails to a ROUND shape.

Follow this procedure.

1. Start shaping the nail squarely.
2. Shape using the nail file by following the natural curve of the fingertips.
3. Make sure to check if the edges are smooth.

Let him/her rate your service by filling in the client feedback form. Draw a Smiley as a rating of the performance on your activity notebook.

Use the rubric below:

#### CLIENT FEEDBACK FORM

Name of Client: \_\_\_\_\_

Type of Nail: \_\_\_\_\_

Picture/Description of Nails before Trimming: \_\_\_\_\_

Picture/Description of Nails after Trimming: \_\_\_\_\_

Over-All Feedback of the Client: \_\_\_\_\_

Criteria	Score
Has shaped all the nails round perfectly	😊😊😊😊😊
Has shaped all the nails round except for 1 to 2 nails not shaped properly	😊😊😊😊
Has shaped all the nails round except for 3 to 4 nails not shaped properly	😊😊😊
Has shaped all the nails round except for five and up nails not shaped properly	😊😊
Has not shown properly shaped nails.	😊

If you got 4 or 5 smileys, you did a great job. Congratulations!  
You have to repeat the activity if you got two and below.

## B. Square Nail Shape (2nd Week Activity)

Directions: Trim and shape the nails of another family member or anyone close to you. It would be better if she/he is not the same person last week. Shape his/her nails to a SQUARE shape.

Follow this procedure.

1. Trim the nails using a nail file.
2. Shape them straight across.
3. Smoothen the edges to avoid roughness.

Let him/her rate your service by filling in the client feedback form. Draw a Smiley as a rating of the performance on your activity notebook.

Use the rubric below:

### CLIENT FEEDBACK FORM






Name of Client: \_\_\_\_\_

Type of Nail: \_\_\_\_\_

Picture/Description of Nails before Trimming:

Picture/Description of Nails after Trimming:

Over-All Feedback of the Client:

Criteria	Score
Has shaped all the nails square perfectly	
Has shaped all the nails square except for 1 to 2 nails not shaped properly	
Has shaped all the nails square except for 3 to 4 nails not shaped properly	
Has shaped all the nails square except for five and up nails not shaped properly	
Has not shown properly shaped nails.	

If you got 4 or 5 smileys, you did a great job. Congratulations!

You have to repeat the activity if you got two and below.

### C. Oval Nail Shape (2<sup>nd</sup> Week Activity)

Directions: Trim and shape the nails of another family member or anyone close to you. It would be better if she/he is not the same person last week. Shape his/her nails to an OVAL shape.

Follow this procedure.

1. First, file around the sides of the nails.
2. Make sure to achieve an egg like shape.

Let him/her rate your service by filling in the client feedback form. Draw a Smiley as a rating of the performance on your activity notebook.

Use the rubric below:

#### CLIENT FEEDBACK FORM






Name of Client: \_\_\_\_\_

Type of Nail: \_\_\_\_\_

Picture/Description of Nails before Trimming:

Picture/Description of Nails after Trimming:

Over-All Feedback of the Client:

Criteria	Score
Has shaped all the oval nails perfectly	
Has shaped all the nails oval except for 1 to 2 nails not shaped properly	
Has shaped all the nails oval except for 3 to 4 nails not shaped properly	
Has shaped all the nails oval except for five and up nails not shaped properly	
Has not shown properly shaped nails.	

If you got 4 or 5 smileys, you did a great job. Congratulations!  
You have to repeat the activity if you got two and below.

### D. Squoval Nail Shape (3<sup>rd</sup> Week Activity)

Directions: Trim and shape the nails of another family member or anyone close to you. It would be better if she/he is not the same person last week. Shape his/her nails to a squoval shape.

Follow this procedure.

1. Shape your client's nails in an oval shape.
2. Then shape it across the tip to square it out a little.
3. Smoothen the edges to perfect it.

Let him/her rate your service by filling in the client feedback form. Draw a Smiley as a rating of the performance on your activity notebook.

Use the rubric below:

#### CLIENT FEEDBACK FORM






Name of Client: \_\_\_\_\_

Type of Nail: \_\_\_\_\_

Picture/Description of Nails before Trimming:

Picture/Description of Nails after Trimming:

Over-All Feedback of the Client:

Criteria	Score
Has shaped all the nails squoval perfectly	
Has shaped all the nails squoval except for 1 to 2 nails not shaped properly	
Has shaped all the nails squoval except for 3 to 4 nails not shaped properly	
Has shaped all the nails squoval except for five and up nails not shaped properly	
Has not shown properly shaped nails.	

If you got 4 or 5 smileys, you did a great job. Congratulations!  
You have to repeat the activity if you got two and below.

### E. Pointed Nail Shape (4<sup>th</sup> Week Activity)

Directions: Trim and shape the nails of another family member or anyone close to you. It would be better if she/he is not the same person last week. Shape his/her nails to a POINTED shape.

Follow this procedure.

1. Start by finding the center spot of the tip of your client's nail.
2. File both sides to take a peek at the center point.
3. Then smoothen it out to avoid sharp edges.

Let him/her rate your service by filling in the client feedback form. Draw a Smiley as a rating of the performance on your activity notebook.

Use the rubric below:

#### CLIENT FEEDBACK FORM






Name of Client: \_\_\_\_\_

Type of Nail: \_\_\_\_\_

Picture/Description of Nails before Trimming:

Picture/Description of Nails after Trimming:

Over-All Feedback of the Client:

Criteria	Score
Has shaped all the nails pointed perfectly	
Has shaped all the nails pointed except for 1 to 2 nails not shaped properly	
Has shaped all the nails pointed except for 3 to 4 nails not shaped properly	
Has shaped all the nails pointed except for 5 and up nails not shaped properly	
Has not shown properly shaped nails.	

If you got 4 or 5 smileys, you did a great job. Congratulations!

You have to repeat the activity if you got two and below.

Once you master it, you can proceed to assessment.



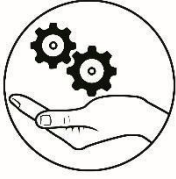
## **Assessment**

Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. Its edge is the lunula.
  - A. nail root
  - B. nail plate
  - C. free edge
  - D. nail groove
  
2. It is the skin beneath the nail plate.
  - A. nail bed
  - B. nail matrix
  - C. nail groove
  - D. hyponychium
  
3. This part of the nail is where you can trim or cut and file and shape.
  - A. nail root
  - B. nail plate
  - C. free edge
  - D. nail groove
  
4. It is the hard part of the nail which is made of translucent keratin protein.
  - A. nail root
  - B. nail plate
  - C. free edge
  - D. nail groove
  
5. It is also called “Mother of nails”.
  - A. nail bed
  - B. nail plate
  - C. nail matrix
  - D. hyponychium
  
6. A healthy nail is \_\_\_\_\_.
  - A. hollow and wavy
  - B. brown and thick
  - C. yellowish and thick
  
  - D. smooth, shiny and pinkish
  
7. It is horny covering on the upper external part of the fingers and toes.
  - A. nail
  - B. hair
  - C. skin
  - D. keratin

8. It is the technical term for nail.
- A. onix
  - B. plate
  - C. onyx
  - D. keratin
9. Why do manicurists need to familiarize the nail structure?
- A. To develop nail disorder.
  - B. To properly clean the nails.
  - C. To be able to face the client confidently.
  - D. To avoid injury, that may lead to nail disorder.
10. What is the average growth of fingernails for adults?
- A. 1/8 inch every year
  - B. 1/4 inch every month
  - C. 1/8 inch every week
  - D. 1/8 inch every month
11. It has a straight and sharp-edged and squared off at the tip.
- A. oval nail
  - B. round nail
  - C. square nail
  - D. pointed nail
12. It is an oval shape that has point curving to a base like a triangle.
- A. oval nail
  - B. round nail
  - C. square nail
  - D. pointed nail
13. It is slightly rounded at the base and slightly pointed at the fingertips.
- A. oval nail
  - B. round nail
  - C. square nail
  - D. pointed nail
14. This shape of nail has straight sides that round-up with a flat-edge tip.
- A. oval nail
  - B. round nail
  - C. square nail
  - D. squoval nail
15. It is located around the base part of the nail.
- A. cuticle
  - B. nail bed
  - C. free edge
  - D. hyponychium





## ***Additional Activities***

There are new trends in nail shapes now shown on the internet. Research, list down, and draw new trends you see on the internet.

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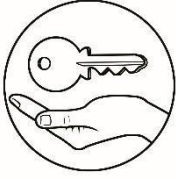
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# Answer Key

What I Have Learned

1. Nail
2. Onyx
3. unspotted
4. 1/8
5. Nail Plate
6. Free Edge
7. Nail root
8. Square nail
9. Oval
10. Round

Assessment

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

What's New

Activity 1

1. FREE EDGE
2. NAIL PLATE
3. NAIL FOLD
4. LUNULA
5. CUTICLE
6. HYPONYCHIUM
7. NAIL GROOVE
8. NAIL BED
9. NAIL MATRIX

Activity 2

1. Square
2. Oval
3. Round
4. Pointed
5. Squoval

Activity 3

1. Produces cells.
2. To protect new nails from possible infection.
3. Keep my nails in shape.
4. Gives nourishment and protection in my nails.
5. Protects nails from infection.

What I Know

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

What's In

1. True
2. True
3. False
4. True
5. False

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**For inquiries or feedback, please write or call:**

Department of Education  
Bureau of Learning Resources (DepEd-BLR)

Ground Floor, Bonifacio Bldg., DepEd Complex  
Meralco Avenue, Pasig City, Philippines 1600

Telefax: (632) 634-1054; 634-1072; 631-4985

Email Address: [blr,lrqad@deped.gov.ph](mailto:blr,lrqad@deped.gov.ph) \*[blr.lrpd@deped.gov.ph](mailto:blr.lrpd@deped.gov.ph)