

8

Lesson Exemplar for TLE

Quarter 3

Lesson

1

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Lesson Exemplar for TLE Grade 8
Quarter 3: Lesson 1 (Week 1)
SY/TP 2025-2026

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TLE/ QUARTER 3/ GRADE 8

I. CURRICULUM CONTENT, STANDARDS, AND LESSON COMPETENCIES	
A. Content Standards	Demonstrate an understanding of the concepts of beauty care and wellness services.
B. Performance Standards	After this lesson, the learners perform hand spa services following safety precautions.
C. Learning Competencies and Objectives	<p>Learning Competency</p> <ul style="list-style-type: none">• Discuss The Concepts of Beauty Care and Wellness Services <p>Learning Objectives</p> <p>After the day's lessons, the learners are expected to:</p> <ol style="list-style-type: none">1. Acquire basic knowledge on related laws, trends, and issues related to beauty care and wellness services.2. Familiarize oneself with the different anatomy or parts of the nail, skin, and hair.3. Express the value of acquiring knowledge on the important concepts of beauty care and well-being.
D. Content	<ul style="list-style-type: none">• Introduction to Beauty Care and Wellness Services• Structures of nail, skin, and hair• Career and Business Opportunities
E. Integration	<p>Acquiring knowledge on important concepts and information about beauty care and wellness services is helpful to everyone most especially when we get the chance to work in a beauty salon or start up a business related to it.</p> <p>This lesson can be integrated and relate to:</p> <p>SDG 4: Quality Education: In a way that once we transfer the knowledge and skills to our learners effectively, it will surely guide them when they work in any salon and beauty care and wellness related job.</p> <p>SDG 5: Gender Equality: Emphasizing that both girls and boys have the opportunity to work in any beauty care and wellness related job.</p> <p>SGD 8: Decent Work and Economic Growth: Emphasizing one's capabilities to work on any job related to beauty care and wellness services.</p>

II. LEARNING RESOURCES
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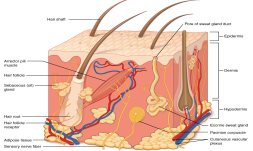




Photo credit to Systema Beauty Salon by: Cinderella Flora Torres



Republic Act No. 7877 s. 2015. *An Act Declaring Sexual Harassment as Unlawful in the Employment, Education or Training Environment and Other Purposes*. <https://www.officialgazette.gov.ph/1995/02/14/republic-act-no-7877/>




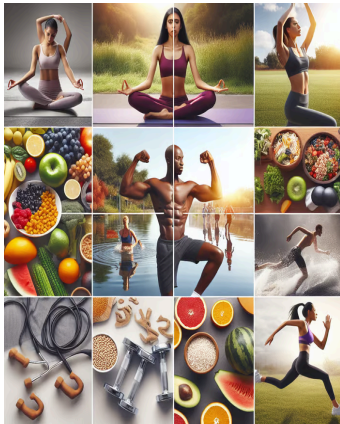
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Tung, J. (2005). In Style Getting Gorgeous. *Published by In Style Books*. (pp.8-9) and (pp.98-103)

III. TEACHING AND LEARNING PROCEDURE		NOTES TO TEACHERS
A. Activating Prior Knowledge	DAY 1 1. Short Review: Guess what? Direction: Below are some photos that you may learn on our new unit lessons. Match the photos on the left side with the correct label found on the right side that suits the photos provided. Write the letter of the correct answer on the space provided before each number.	Note: Since this is a new Quarter or unit lesson, this “Guess-What” activity is to check whether they have prior knowledge about beauty care and wellness services. The teacher will administer the ‘Guess What’ activity which involves matching photos in column A with labels in column B. This
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> A. ____ 1.  <small>Image by Dina Nigrin, from Wikimedia Commons</small> ____ 2.  <small>Image by Sergey A., from Wikimedia Commons</small> </div> <div style="text-align: center;"> B. a. hair b. anatomy of the skin </div> </div>	

	<p>_____ 3.</p>  <p>Image from Pexels</p> <p>_____ 4.</p>  <p>Image by Chinskey, from Wikimedia Commons</p> <p>_____ 5.</p>  <p>Image from pxhere</p> <p>_____ 6.</p>  <p>Image from Flickr</p> <p>_____ 7.</p>  <p>Image by Piotr Miazga, from Wikimedia Commons</p> <p>_____ 8.</p>  <p>Image from AliExpress</p>	<p>c. hand massage</p> <p>d. hand soaking</p> <p>e. nail polishing</p> <p>f. nail cutter</p> <p>g. nail brush</p> <p>h. hair blower</p>	<p>exercise is designed to assess students' prior knowledge of Beauty Care and Wellness activities and Nail Care tools and implements.</p> <p>Answer key:</p> <ol style="list-style-type: none">1. c2. e3. d4. b5. a6. g7. f8. j9. h10. i <p>The teacher will process the “Guess-What” activity by asking the learners the question given on the feedback part.</p>
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	<p>_____ 9.  Image by Grm, from Wikimedia Commons</p> <p>_____ 10.  Image from Lazada</p> <p>i. nail pusher</p> <p>j. finger bowl</p> <p>2. Feedback (Optional) What are your thoughts on the ‘Guess-What’ activity? Did the ‘Guess-What’ activity help you enhance your understanding of beauty care and wellness tools? Please explain how?</p>	
<p>B. Establishing Lesson Purpose</p>	<p>1. Lesson Purpose: At the end of the lesson, the students will be able to:</p> <ul style="list-style-type: none"> • Discuss the concepts of beauty care and wellness services. • Identify and describe the structure and functions of nails, skin and hair parts. • Enumerate some career and business opportunities related to beauty care and wellness services. • Stress the importance of keeping oneself beautiful and maintaining being well all the time. <p>2. Unlocking Content Vocabulary: For the learners to have a better understanding of some terms they will encounter in the day’s lesson, here are some definitions of important words associated with the day’s topic.</p> <ul style="list-style-type: none"> • Beauty Care – is the science of beauty treatment that involves hair, skin (facial care), nails and hair care. It is a way of caring for ourselves to keep us beautiful and attractive. Beauty care is also called Cosmetology. • Wellness – is the quality of being in good health by practicing healthy habits to attain physical, mental, emotional, social and spiritual well-being. • Massage – is a way of applying hand manipulation to muscles, tendons, ligaments, and fascia that helps ease body pain, improve the immune system, and provide good blood circulation and body relaxation. 	

	<ul style="list-style-type: none">• Spa – is a term attached to massage; it offers relaxing massages with extra pampering services like facial packs, manicures, and pedicures.	
C. Developing and Deepening Understanding	<p>DAY 1</p> <p>SUB-TOPIC 1: Concepts of Beauty Care and Wellness Services (1 meeting)</p> <p>1. Explicitation: Picture Analysis</p> <div><p>Beauty salon by jigsaw, from Wikimedia Commons</p><p>Picture 1</p></div> <div><p>Uk salon and beauty spa shop by Monkey Business, from Wikimedia Commons</p><p>Picture 2</p></div> <p>Picture 1: Can you describe what you see in the first photo?</p> <p>Picture 2: What kind of service does the salon and spa provide us?</p> <p>2. Worked Example: From the photos we analyzed, what do you think will be our topic lesson today?</p> <div><p>Cover photo by Marc Nicdao, Rogue Magazine, September 2013, via Pinterest</p></div> <div><p>Image from Easy-Peasy AI</p></div> <p>3. Lesson Activity: Sharing of ideas on the following: Open/ended questions:</p> <ul style="list-style-type: none"><input type="checkbox"/> Do you know the people in the left photo?<input type="checkbox"/> What are the photos on the right trying to tell us? How will we know if a person is fit or well?	<p>The teacher will ask the students the following questions:</p> <ol style="list-style-type: none">1. What do you think are the services given in this photo?2. Aside from beauty care salons, where do you think you can also experience those services? <p>The teacher may ask his/her students if they have some idea about beauty and wellness.</p> <p>After analyzing the various photos of beauty and wellness, the teacher may ask the learners what methods they know about personal care that can enhance beauty and well-being.</p> <p>The teacher may ask the learners own perception of what beauty and wellness or well-being is.</p>

	<p>Lecture/Discussion: Introduction of the lesson: Cosmetology, also known as Beauty Care, is all about the enhancement of appearance. It includes nail care, skincare and hair care. Wellness means achieving good health through a well-balanced condition of body and mind which enables the person to perform all his/her life's role and functions normally.</p> <p>As the saying goes, "<i>Beauty is in the eye of the beholder,</i>" which was mentioned by Molly Bawn in one of his novels in 1878. According to Plato, "<i>the sense of beauty in itself is transient in nature.</i>" This means that beauty, or being beautiful cannot be forever, that someone can be or look beautiful at present or in a short time, but cannot be beautiful anymore as the days, months or years go by.</p> <p>In addition, when we say natural beauty, it means being beautiful naturally in one's original form. It gave us the idea that we have different perceptions of what is beautiful for us. What is beautiful to you, might not be beautiful to others, which implies that beauty is very subjective.</p> <p>While, Judith Jackson, in her book entitled "<i>The Magic of Well-Being,</i>" described wellness or being well must be more than just <i>staying alive</i>, instead, <i>we must live every moment of our lives fully by looking and feeling great</i> by applying <i>sensory awareness</i> within ourselves <i>to measure</i> our capacity <i>to live</i>.</p> <p>By applying <i>self-awareness and senses</i> we will surely be <i>guided</i> on what <i>healthy foods and drinks</i> to take, how many <i>hours of rest and sleep</i> we must have, how we <i>exercise</i>, what <i>lifestyle</i> we will take to <i>live a better life</i> and for us to <i>value</i> and <i>cherish</i> the <i>gift of life</i> God has given us.</p> <p>How to Stay Beautiful?</p> <ol style="list-style-type: none"> 1. Know yourself by looking at the mirror and appreciate the true tone of your skin, your hair texture, the shape of your face and your body figure. 2. Embrace the transforming possibilities you can make on your hair and face. 3. Think and feel that you are beautiful, sexy and healthy. 4. Have self-confidence because being beautiful comes from within. 5. Keep your hair shiny and smooth. 6. Have glowing skin. 7. Keep a smile on your face. 😊 <p>How to keep oneself well and healthy?</p>	<p>Sharing one's idea/s or life experiences related to how to keep oneself beautiful is advised.</p> <p>The teacher can encourage students to role-play various methods of maintaining wellness and health. Additionally, students</p>
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	<p>a. <i>Eat nutritious, lighter, and healthier meals</i> following the Recommended Dietary Allowance (RDA) each day considering age, height, weight and health status.</p> <p>b. Have regular <i>exercise</i>. Like: walking, simple stretching, and jogging.</p> <p>c. Have enough rest and sleep (at least 8 hours).</p> <p>d. Have some <i>relaxation</i> once in a while. Such as watching movies, having a relaxing massage, going to some parks and amusement places, and going out and dine-in some restaurants with family members and friends.</p> <p>e. Practice <i>personal hygiene</i>. Like: daily baths, oral hygiene,</p> <p>f. Wearing clean clothes, proper washing of hands, maintaining and having clean nails.</p> <p>g. Keep your hair clean, manageable, soft, shiny, and attractive. (Shampoo your hair every other day).</p> <p>h. Drink at least 3-4 liters of water.</p> <p>i. Consult your doctor and dentist at least every six (6) months.</p> <p>j. Practice good posture at all times. (proper sitting and standing are advised).</p> <p>k. Have a positive outlook in life.</p> <p>What is some beauty care services we can avail of in a beauty salon?</p> <ol style="list-style-type: none"> 1. Nail cleaning. 2. Manicuring/Pedicuring 3. Hand spa/Foot spa 4. Hair Coloring/Perming/Hair Root Treatment/Hair Organic Keratin Treatment (hair rebonding). 5. Hairstyling/Haircut for females/Barbering (haircut for males). 6. Facial Make-up/Facial Mask/ Facial Packs. 7. Body Massage (Facial, half and whole-body massage <p>DAY 2</p> <p>SUB-TOPIC 2: Anatomy of the Skin, Hair and Nails (1 meeting)</p> <p>1. Explicitation: Name the pictures.</p> <p>Direction: Look at the pictures below and name every picture by supplying the letters on the blank/space to complete the words.</p>	<p>may be asked to perform pantomimes to demonstrate these practices. Participants can volunteer individually or in pairs.</p> <p>Students will be asked if they know some beauty and wellness salon services they have already experienced. The learners will be asked what body parts are displayed in the posted photos.</p>
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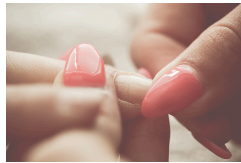


Image from [Pickpik](#)



Image from [MDBody and MedSpa](#)



Image from [Pexels](#)

1. F _ n _ e _ N _ _ l _

2. S _ _ n

3. H _ _ r

- What do you think those photos would imply to us?

2. Worked Example:

(Kindly accomplish Worksheet Activity no.1.)

Instructions:

1. The teacher will distribute the activity sheets to the learners individually.
2. The teacher will explain how the learners will answer the beauty care self-assessment regimen.
3. After the learners finished answering the assessment tool, the teacher will present and explain the results of the beauty care self-assessment activity.
4. Then, learners will be asked to share the feelings or the emotions that they had while and after doing the activities given to them.
5. The teacher will ask the learners, what realization they arrived from the self-assessment activity.

3. Lesson Activity:

Lecture/Discussion:

Introduction:

Fingernails and toenails are a part of every human's anatomy. In this lesson, the learners will have an idea of the different parts of the nails and how to keep them healthy. Having healthy fingernails and toenails is just like having nice clean teeth and shiny hair. The color of the nails also serves as an indicator if a person is in good health or not. Having clean and tidy nails also gives a person a good impression if he/she is practicing good grooming.

Nails are part of the integumentary system, the body's largest and outermost layer, which encompasses the skin and nails. This system is crucial in protecting the body and enhancing its aesthetic appeal. Proper care of it is vital to maintaining both health and appearance.

Questions:

1. Can you identify the body parts shown in the photos?

- Fingernail
- skin
- hair

2. Are you familiar with the functions of these parts?

The teacher can go around and check the nails of his/her learners to see if they are clean or dirty.

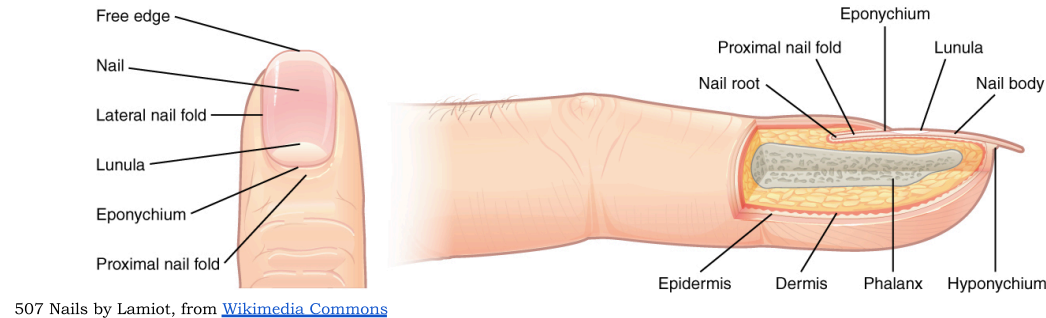
(Worked Example)

V. Syntesis

Possible Responses of Students on Beauty Care Self-assessment Activity:

1. Today, I have learned that in order to keep myself beautiful, I must continuously practice and apply beauty care regimen activities.
2. I have realized that in order to make myself being well and healthy, I must have self-discipline in applying all the beauty

A. Anatomy of the Nail



Parts and Functions of the Nail:

- **Matrix** - is where new nail plate cells are created, and the nail plate begins to form.
- **Eponychium** - is a living skin at the base of the nail plate that covers the matrix area. This should NOT be confused with the “cuticle”.
- **Free margin** (*margo liber*) or **distal edge** is the anterior margin of the nail plate corresponding to the abrasive or cutting edge of the nail.
- **Lateral margin** (*margo lateralis*) lies beneath the nail wall on the sides of the nail and the **nail groove or fold** (*sulcus matrices unguis*) are the cutaneous slits into which the lateral margins are embedded.
- **Proximal Fold of the Eponychium** - a tight band of living tissue that most people incorrectly think is their “cuticle”. Since this skin dries out easily, people are quick to clip this skin believing that it’s not necessary. The best way to keep this skin soft and tight to the nail plate is with a high-quality, penetrating nail and cuticle oil.
- **Cuticle** - a thin layer of dead tissue riding on the nail plate to form a seal between the nail plate and eponychium to prevent pathogens from infecting the matrix area.
- **Lunula** - ("small moon") is the visible part of the matrix, the whitish crescent-shaped base of the visible nail. The lunula can best be seen in the thumb and may not be visible on the little finger.
- **Nail Plate** - composed of hardened, flat, translucent, non-living, keratin nail cells that form a solid, protective layer over the underlying soft tissue. The nail plate should NOT be confused with the nail “bed”.
- **Nail Bed** - is the soft, pink tissue that sits underneath and supports the nail plate.

care and wellness practices included in the self-assessment tool.

Note: Other possible responses can be drawn from the learners. The teacher may also give positive comments and feedback and can add some important ideas to deepen more what has been shared by the learners.

The teacher will clearly explain the anatomy of the nails to his/her learners.

- **Nail Sinus** (*sinus unguis*) is where the nail root is; such as the base of the nail underneath the skin. It originates from the actively growing tissue below, the matrix.
- **Nail Wall** - (*vallum unguis*) is the cutaneous fold overlapping the sides and proximal end of the nail.
- **Hyponychium** - **represented as a pink line**. It is a soft tissue seal underneath the extended “free” edge of the nail plate whose purpose is to prevent pathogens from infecting the nail bed.
- **Solehorn Cuticle** - a thin layer of dead tissue riding on the nail plate to form a seal between the nail plate and hyponychium to prevent pathogens from infecting the nail bed. The sole horn cuticle pulls away from the underside of the hyponychium and attaches tenaciously to the nail plate.
- **Bone of the fingertip** - supports and shapes both the nail matrix and nail bed. The flat or curved shape of your nails is determined by the shape of your fingertip bone.

Ways on how to take care of your Nails:

1. **A healthy diet will give us healthy nails** - A healthy daily diet is achieved by taking lots of water, protein, dairy, fruits, vegetables, and whole grains. Eating gelatin is also a great way of keeping the fingers and toenails strong and healthy. Taking the daily recommended amounts of foods like nutrients, vitamins, and minerals will help you achieve the fastest, easiest, and healthiest way to get healthy and stronger nails.
2. **Care for your nails weekly**. To keep nails healthy and beautiful it is necessary for us to have weekly maintenance of fingernails, and toenails. This is done by applying a moisturizer, filing, and applying nail treatments to replenish the lost vitamins and nutrients in the nails that will make them strong and durable. Weekly manicures and pedicures are advised, they can be done in a beauty salon or even in your home by yourself. Make sure that the nail care tools are all sterilized every time you use them to prevent the occurrence of infections. Maintaining nails at least once per week should be done routinely and regularly because it will surely give healthy nail results.
3. **Maintain nail cuticles**. The cuticle of fingernails and toenails is an essential part of healthy nails and is often neglected. It is recommended that you apply thick oil or cream directly onto the cuticle, rub it, spread it to maximize moisture, and rehydrate it to achieve healthy nails. Fingernails and toenails once moisturized give our hands and feet nail appearance an attractive effect.
4. **File nails only as needed**. There are different grits, or roughness, of nail files to choose from:
Fine - to eliminate ridges in the nail bed.
Extra Fine - to smooth the nail bed.
Medium - to remove the top layer of the nail bed and to shape the nail edges.

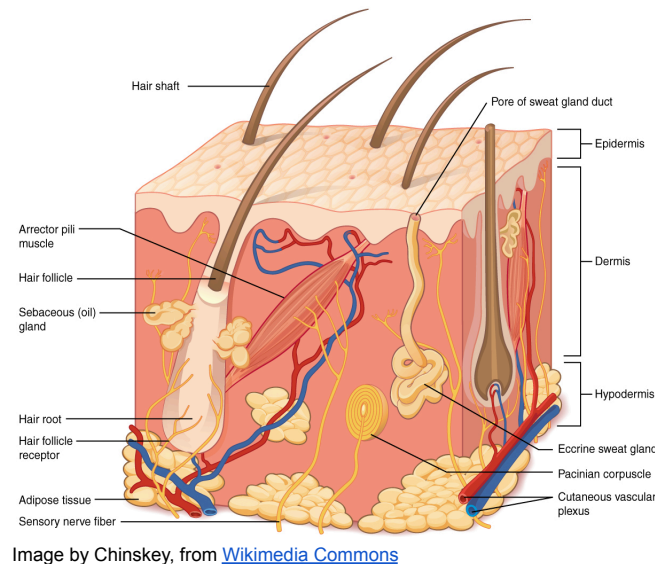
	<p>Coarse - to shape and shorten the nail edges.</p> <p>Extra Coarse - to shape and shorten the nail edges (never use it on the nail bed)</p> <ul style="list-style-type: none"> Filling just the tip of the nails will result in a smoother edge with no sharp parts or spots. You can also create a squared or circled shape. Filling is also needed because it shortens the nails, softens the ridges and creates a smoother nail bed. File nails only as needed, in moderation, and in one direction only because too much filing will cause nails to become too short in length, too thin, and or breaking, cracking, and possibly peeling. <p>5. Do Not Bite Nails - Biting fingernails and toenails is strictly not advisable because it reduces nail growth, strength, and beauty. Nail biting is not a good habit. It usually occurs when people get nervous, stop smoking, or become anxious. To discourage nail-biting, applying nail products to nails that taste bad when put into the mouth is recommended. Nail biting is a habit that can be broken over time and with some patience. It will surely give healthier, stronger, and longer nail results.</p> <p>6. Artificial Nails are Harmful to Natural Nails - Fingernails and toenails that are acrylic, gel, or unnatural are harmful to natural nails upon removal. Applying artificial nails to fingernails and toenails damages the natural nails once removed. Prolonged use of artificial nails may increase the number of bacteria and fungi growing between artificial and natural nails.</p> <p>7. Nail Cosmetics Are Not Required - Using nail polish or having nail art applied to nails does not enhance the health or strength of nails. Having nails covered up much of the time may stain the nail bed which then requires filing to remove the top first layer of the nail bed, making for thinner and more brittle nails that are more prone to peeling and cracking. Although nail polish and nail art make nails more attractive, nail art should be applied only in moderation, and artificial nails should be used only on special occasions. This is to ensure that the nails are naturally healthy and strong.</p> <p>B. Anatomy of the Skin</p> <p>Skin – is the largest body organ that is composed of water, protein and minerals. It protects our body from any bacteria/germs and regulates our body temperature. The nerves in our skin help us feel cold and hot sensations.</p>	<p>Learners can relate some situations on how they can take care of their nails.</p> <p>The teacher will discuss and explain clearly to the learners the parts and functions of the skin.</p>
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The Three Main Parts and Functions of the Skin:

1. **Epidermis** – the top, outermost layer of the skin that we can see and touch. It protects us from entering any bacteria or germs in our body and bloodstream that can cause any infection.

2. **Dermis** – is the middle layer of the skin, it makes up 90% of our skin thickness. It contains collagen (protein) and elastin that keeps the skin strong, and flexible. It is where the *roots* of the *hair follicles* are attached.

3. **Hypodermis** – the bottom or fatty layer part of the skin. It protects our muscles and bones from any possible injuries that can be caused by a fall or any accident. The nerves and blood vessels are connected to the hypodermis of our entire body. The fat in the hypodermis keeps us from feeling too cold or hot.



How to take care of your Skin:

1. **Apply sunscreen** (even if you are indoors) and use at least Sun Protection Factor (SPF 30) for your skin protection.
2. **Avoid too much skin tanning** because it can cause skin damage which can even cause skin cancer.
3. **Do not smoke** because too much nicotine present in cigarettes can cause skin wrinkles.
4. **Use mild soap and facial cleanser** in washing your face.
5. **Take a bath** daily and use moisturizing lotion to prevent dry skin.
6. **Learn to manage your stress**, because it can make your skin condition worse.

Hair – is a thin threadlike outgrowth from the epidermis of an animal, which is found on the body parts most especially on the human head. As the saying goes “Our hair crowns our beauty”. The hair also plays an important role in one’s social and sexual interactions. It also served as an external body protection.

Students can also share some experiences on how they take care of their skin.

Students can also share some of their experiences on how they take care of their hair.

Make-up artist – is an expert in applying cosmetic products and techniques to improve and enhance a person's/client's appearance.

Nail Professional (Manicurist/Pedicurist) – is a person whose work is to clean, shape, style and take care of a person's nails. Can apply art on the nails by decorating using nail polish, or putting some gems, poly-gel or glitters.

Hair Stylist – a person who cuts and style customer's hair professionally.

Massage Therapist – a person who gives therapeutic massage to the different body parts of the salon customer. Like: Facial massage, hand and foot massage, back massage, half-body massage, and full-body massage.

Barber – is a person who cuts hair, most especially men's hair, shaves or trimmed men's mustaches.

Wellness advisor – a professional who helps clients achieve good health by teaching them about body fitness activities, proper diet, and stress management techniques.

Salon Owner – is a person who owns and runs a beauty salon and wellness spa. He/she is the one responsible for raising and starting capital, hiring staff, promoting the business, purchasing, and stocking beauty and wellness products, securing business finances, and scheduling salon services.



Make-up artist by Rego, from [Wikimedia Commons](#)



Image from [Flickr](#)



Image from [Pexels](#)



Image from [Pexels](#)



Barber, Hairdresser by Gerd Altmann, from [Wikimedia Commons](#)



Image from [Oceanside Medical](#)








Images from *Dreams do come true: The story of Asher Salon*, by the [Department of Trade and Industry](#)



The teacher may call some student/s to describe each photo shown.

Possible Responses of the Learners:

1. Manicurist

	<p>2. Worked Example: Picture Analysis</p> <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;">  Image from Pexels 1 </div> <div style="text-align: center;">  Image by Dina Nigrin, from Wikimedia Commons 2 </div> <div style="text-align: center;">  Barber, Hairdresser by Gerd Altmann, from Wikimedia Commons 3 </div> <div style="text-align: center;">  Image from Flickr 4 </div> <div style="text-align: center;">  Image from Department of Trade and Industry 5 </div> </div> <p>Can somebody describe each picture presented?</p> <p>3. Lesson Activity What do you think are the possible jobs those photos imply to us?</p>	<p>2. Massage Therapist 3. Hair cutter/Barber 4. Hair stylist 5. Beauty salon owner/ or one can start-up a beauty salon and wellness center</p> <p>From the photos described by the learners, the teacher may now discuss some possible job and business opportunities related to beauty care and wellness.</p>
<p>D. Making Generalizations</p>	<p>1. Learners' Takeaways</p> <ul style="list-style-type: none"> Why is it important to take care of your face, nails, hair, and skin? What personal practices do you follow to maintain your appearance? <p>These questions aim to help learners express their understanding of the topics discussed.</p> <p>2. Reflection on Learning Key points for reflection:</p> <ul style="list-style-type: none"> Using the Personal Beauty and Wellness Practices checklist, as a reference, how would you rate your current beauty care regimen? Are you satisfied with your current beauty regimen? Please explain your reasons. If not satisfied, what changes do you plan to improve your beauty care regimen? 	<p>Learners can raise their hands and can share their insights or takeaways from the day's lesson.</p>

IV. EVALUATING LEARNING: FORMATIVE ASSESSMENT AND TEACHER'S REFLECTION		NOTES TO TEACHERS
<p>A. Evaluating Learning</p>	<p>DAY 4 1. Formative Assessment I. Multiple Choice Direction: Read each item carefully. Choose the letter of the best answer, write only the letter of the correct answer before each number.</p>	<p>Answer key:</p>

	<p>___ 1. It is all about beauty and improving one's appearance. a. Beauty Care b. facial care c. hand massage d. nail care</p> <p>___ 2. This mean achieving good health through a well-balanced condition of body and mind. a. Beauty b. Gorgeous c. Refine d. Wellness</p> <p>___ 3. It is where new nail plate cells are created, and the nail plate begins to form. a. Body of Nail b. Eponychium c. Nail Matrix d. Sole horn</p> <p>___ 4. It lies beneath the nail wall on the sides of the nail and the nail groove or fold are the cutaneous slits into which the lateral margins are embedded. a. Free Margin b. Lateral margin c. Nail bed d. Nail fold</p> <p>___ 5. A thin layer of dead tissue riding on the nail plate to form a seal between the nail plate and eponychium to prevent pathogens from infecting the matrix area. a. Cuticle b. Free margin c. Nail bed d. Proximal fold</p> <p>___ 6. It ("small moon") is the visible part of the matrix, the whitish crescent-shaped base of the visible nail. a. Eponychium b. Hyponychium c. Lunula d. Nail sinus</p> <p>___ 7. It is the largest body organ that is composed of water, protein and minerals, a. Hands b. Hair c. Nail d. Skin</p> <p>___ 8. A person who cuts and style customer's hair professionally. a. Barber b. Hair Stylist c. Nail Professional d. Therapist</p> <p>___ 9. It is a thin threadlike outgrowth from the epidermis of an animal, which is found on the body parts most especially on the human head. a. Head b. Hair c. Nail d. Skin</p> <p>___ 10. A person who gives therapeutic massage to the different body parts of the salon customer. a. Barber b. Hair stylist c. Massage therapist d. Nail Professional</p> <p>II. Essay Direction: Read and understand each item carefully. Answer the questions intelligently and concisely.</p> <p>1. In what way can you keep yourself beautiful? 2. Why do you think we need to keep ourselves healthy and well?</p> <p>2. Homework</p> <p>1. Research on some hazard and risk situations that might happen in the Beauty Care and Wellness Salon. 2. Think of ways how to prevent or stay away from those possible hazards and risks. 3. Watch in advance the YouTube videos on how to give a relaxing hand spa in Lorena's TLE Corner.</p>	<p>1. a 2. d 3. c 4. b 5. a 6. c 7. d 8. b 9. b 10. c</p>
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	<table><tr><th>Criteria:</th><th>Raw Score</th></tr><tr><td>Intelligent and very clear responses are evident.</td><td>1</td></tr><tr><td>Somehow responses are explained well but not very clear.</td><td>8</td></tr><tr><td>Responses showed understanding but were not so clear.</td><td>6</td></tr><tr><td>Responses are not clearly explained.</td><td>4</td></tr><tr><td>Responses showed no understanding in the two given items</td><td>2</td></tr></table>			Criteria:	Raw Score	Intelligent and very clear responses are evident.	1	Somehow responses are explained well but not very clear.	8	Responses showed understanding but were not so clear.	6	Responses are not clearly explained.	4	Responses showed no understanding in the two given items	2	
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B. Teacher's Remarks	<i>Note observations on any of the following areas:</i>	Effective Practices	Problems Encountered	The teacher may take note of some observations related to the effective practices and problems encountered after utilizing the different strategies, materials used, learner engagement, and other related stuff. Teachers may also suggest ways to improve the different activities explored/ lesson exemplar.												
	strategies explored															
	materials used															
	learner engagement/ interaction															
	Others															
C. Teacher's Reflection	Reflection guide or prompt can be on: <ul style="list-style-type: none"><u>principles behind the teaching</u> <i>What principles and beliefs informed my lesson? Why did I teach the lesson the way I did?</i><u>students</u> <i>What roles did my students play in my lesson? What did my students learn? How did they learn?</i><u>ways forward</u> <i>What could I have done differently? What can I explore in the next lesson?</i>			Teacher's reflection in every lesson conducted/ facilitated is essential and necessary to improve practice. You may also consider this as an input for the LAC/Collab sessions.												