

**CCE RF  
CCE RR**

**NSQF LEVEL-2**

**KARNATAKA SECONDARY EDUCATION EXAMINATION BOARD, MALLESWARAM,  
BANGALORE – 560 003**

**NSQF LEVEL-2 EXAMINATION, MARCH/APRIL, 2018**

**MODEL ANSWERS**

Date : 04. 04. 2018 ]

CODE NO. : **90-EK**

**Subject : Beauty & Wellness**

( English Version )

( Regular Fresh & Regular Repeater )

[ Max. Marks : 60

<b>Gn. Nos.</b>	<b>Value Points</b>		<b>Total</b>
I.	<i>Four alternatives are given for each of the following questions / incomplete statements. Choose the correct alternative and write the complete answer along with its question number and alphabet :</i> $10 \times 1 = 10$		
1.	The vitamin that is soluble in fat is <b>Ans : B — D</b>		1
2.	A tool used to gently grind down and shape the edge of the nail is <b>Ans : B — Nail filer</b>		1
3.	In a salon the process of reducing the pathogens on the surface of tools is <b>Ans : A — Sanitization</b>		1
4.	During pedicure, cuticle pusher is used to <b>Ans : A — roll back the cuticle</b>		1

**RF & RR - 3005**

[ Turn over

Qn. Nos.	Value Points		Total
5.	The two-in-one foundation among the following is <b>Ans : D — powder foundation</b>		1
6.	A good practice that you would suggest your client for hair care is <b>Ans : C — rinse the hair with cold water after shampooing</b>		1
7.	The function of a trainer in a beauty organisation is to <b>Ans : A — teach occupational skills and assess learning</b>		1
8.	The ingredient that adjusts the viscosity of shampoo besides acting as a preservative is <b>Ans : D — sodium chloride</b>		1
9.	A tough but flexible, non-mineral outer covering that provides protection to the organism is <b>Ans : B — cuticle</b>		1
10.	Alpha hydroxy acid which helps the skin rejuvenate and reduce acne scarring is generally present in <b>Ans : C — Organic yoghurt.</b>		1
II.	Fill in the blanks with suitable answers : $4 \times 1 = 4$		
11.	The first manicure kit producing international brand that was launched in India in 1995 is ..... <b>Ans : Revlon</b>		1
12.	The tool used to pluck stray hairs that are remaining after waxing is ..... <b>Ans : Tweezer</b>		1
13.	Traction is a type of ..... <b>Ans : hair fall</b>		1
14.	An establishment dealing with cosmetic treatments for men and women is a ..... <b>Ans : salon</b>		1

Gn. Nos.	Value Points		Total																
III.	Match the food groups in <b>Column-A</b> with their importance in <b>Column-B</b> : $4 \times 1 = 4$																		
15.	Match the following :  <table style="width: 100%; border: none;"> <tr> <td style="text-align: center;"><b>Column-A</b></td> <td style="text-align: center;"><b>Column-B</b> :</td> </tr> <tr> <td>i) Fruits and vegetables</td> <td>a) necessary for dissolving vitamins</td> </tr> <tr> <td>ii) Proteins</td> <td>b) provide lots of vitamins and minerals</td> </tr> <tr> <td>iii) Carbohydrates</td> <td>c) necessary for transporting oxygen</td> </tr> <tr> <td>iv) Fatty food</td> <td>d) necessary to bring about growth and repair of cells</td> </tr> <tr> <td></td> <td>e) provide calcium for strong teeth and bones</td> </tr> <tr> <td></td> <td>f) provide long lasting, slow release of energy</td> </tr> <tr> <td></td> <td>g) provide water and roughage for easy digestion</td> </tr> </table> <b>Ans :</b> i) b) — provide lots of vitamins and minerals ii) d) — necessary to bring about growth and repair of cells iii) f) — provide long lasting, slow release of energy iv) a) — necessary for dissolving vitamins	<b>Column-A</b>	<b>Column-B</b> :	i) Fruits and vegetables	a) necessary for dissolving vitamins	ii) Proteins	b) provide lots of vitamins and minerals	iii) Carbohydrates	c) necessary for transporting oxygen	iv) Fatty food	d) necessary to bring about growth and repair of cells		e) provide calcium for strong teeth and bones		f) provide long lasting, slow release of energy		g) provide water and roughage for easy digestion		1 1 1 1
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IV.	Answer the following questions : $6 \times 1 = 6$																		
16.	What is the effect of applying pressure on the tip of reflex points of forefingers ?  <b>Ans :</b> When pressure is applied on the tip of the reflex points of forefinger, it relieves pain in the regions such as head, face and sinus problems.		1																
17.	What is nail buffing ?  <b>Ans :</b> Nail buffing is the act of polishing nails using buffers of successively finer grit in order to make it look more consistent and shiny.		1																

Gn. Nos.	Value Points		Total
18.	<p>What is the ideal length of hair on the legs for waxing ?</p> <p><b>Ans :</b> The ideal length of hair to be waxed on the leg is between <math>\frac{1}{8}</math> inch - <math>\frac{1}{4}</math> inch or 3 mm to 6 mm.</p>		1
19.	<p>Who is a manufacturer in a beauty organisation ?</p> <p><b>Ans :</b> A manufacturer is a person, an enterprise, or an entity that manufactures beauty products.</p>		1
20.	<p>During pedicure, beauticians apply foot cream or lotions. Why ?</p> <p><b>Ans :</b> Foot cream or lotion is applied to smoothen, rehydrate and soften the skin.</p>		1
21.	<p>Anjum dusts her client's arms with cornstarch or baby powder before applying wax. Why does she do so ?</p> <p><b>Ans :</b> Cornstarch or baby powder absorbs body oils and moisture, allow the wax to stick to the hair.</p>		1
V.	Answer the following questions :	$6 \times 2 = 12$	
22.	<p>Sagar is a good sportsman. Suggest him a good diet which enhances his ability.</p> <p><b>Ans :</b></p> <p>i) Carbohydrates give energy needed to be active. Avoid carbohydrates that have high sugar.</p> <p>ii) Eat two or three servings of lean protein each day.</p> <p>iii) Consume unsaturated fats like olive oils and avocados, avoid fatty foods.</p> <p>iv) Drink more water to be hydrated and have more liquids.</p>	<p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p>	2

Qn. Nos.	Value Points		Total
23.	Mention any four benefits of beauty sleep. <b>Ans :</b> Impacts/Benefits of beauty sleep : a) sleep improves looks b) prevents weight gain c) improves concentration d) improves good mood e) helps in making better decisions f) increases life span ( live longer ) g) healthy h) increases memory power. ( any four points )	           $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$	           2
<b>OR</b>			
	Mention any four postures of Yoga. <b>Ans :</b> i) Mountain pose ii) Downward dog pose iii) Warrior pose iv) Tree pose v) Bridge pose. ( any four )	           $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$	           2
24.	Mention any two methods of sterilisation. <b>Ans :</b> Methods of sterilization : i) Heat sterilization ii) Chemical sterilization iii) Radiation sterilization. ( any two )	           1    1	           2

Qn. Nos.	Value Points		Total
25.	<p>Explain the dress code of a foot waxing practitioner.</p> <p><b>Ans :</b></p> <p>i) When carrying out waxing services, clean, washable clothing should be worn.</p> <p>ii) Plastic apron should be worn to protect the practitioner's clothing.</p> <p>iii) Jewelleries should be removed</p> <p>iv) Long hair should be tied back.</p>	<p>1/2</p> <p>1/2</p> <p>1/2</p> <p>1/2</p>	2
26.	<p>Mention the four types of skin.</p> <p><b>Ans :</b></p> <p><i>The four types of skin are :</i></p> <ul style="list-style-type: none"> <li>• Normal skin</li> <li>• Oily skin</li> <li>• Dry skin</li> <li>• Combination skin.</li> </ul>	<p>1/2</p> <p>1/2</p> <p>1/2</p> <p>1/2</p>	2
<b>OR</b>			
	<p>What are the causes for acne ?</p> <p><b>Ans :</b></p> <p><i>Causes of acne :</i></p> <ul style="list-style-type: none"> <li>• Acne occurs when pores become blocked with oil, dirt or bacteria.</li> <li>• Acne can also be caused by overactive sweat glands or high hormone levels.</li> </ul>	<p>1</p> <p>1</p>	2

Qn. Nos.	Value Points		Total
27.	<p>A person has unwanted hair on her face. Whom should she consult in the beauty organisation ? Name the method by which they remove the hair.</p> <p><b>Ans :</b></p> <p>Electrologist</p> <p>They use <i>electrolysis</i> method or laser to permanently destroy hair follicle.</p>	<p>1</p> <p>1</p>	<p>2</p>
VI.	<p>Answer the following questions : <span style="float: right;">4 × 3 = 12</span></p>		
28.	<p>Explain the method of general mehendi preparation.</p> <p><i>General mehendi preparation :</i></p> <p><b>Ans :</b></p> <p>Step (1) : Collect henna leaves and grind into fine paste or dry henna powder should be sieved twice thoroughly through a fine nylon or cotton cloth and remove thick particles.</p> <p>Step (2): Mix the sieved mehendi with hot water with tea leaves and tamarind or lemon using a spoon and stir in a circular motion to avoid lumps. Arrange the consistency.</p> <p>Step (3) : Additives like mehendi oil, okra juice, eucalyptus oil, ground clove or little sugar may be added.</p> <p>This mix is filled in a cone and used to design.</p>	<p>1</p> <p>1</p> <p>1</p>	<p>3</p>
	<b>OR</b>		

Qn. Nos.	Value Points		Total
	<p>How is scrubbing carried out during manicure ? Explain.</p> <p><b>Ans :</b></p> <p><i>Scrubbing during manicure :</i></p> <p>i) Scrubbers are used for exfoliation. Apply scrub on hands, palm and on arm till elbow.</p> <p>ii) Rub it nicely and give a gentle massage for 5 minutes, which helps to remove the dead skin.</p> <p>iii) Wash it with water and wipe the hand with dry towel.</p>	<p>1</p> <p>1</p> <p>1</p>	<p>3</p>
29.	<p>Arrange the steps of pedicure in the systematic order :</p> <p>a) Cuticle removing</p> <p>b) Nail buffing</p> <p>c) Scrubbing</p> <p>d) Nail polish removing</p> <p>e) Soaking the feet in warm water</p> <p>f) Nail cutting and filing.</p> <p><b>Ans :</b></p> <p>d) Nail polish removing</p> <p>f) Nail cutting and filing.</p> <p>e) Soaking the feet in warm water</p> <p>a) Cuticle removing</p> <p>b) Nail buffing</p> <p>c) Scrubbing.</p>	<p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p> <p><math>\frac{1}{2}</math></p>	<p>3</p>



Qn. Nos.	Value Points		Total
30.	<p>What are conditioners ? They are frequently acidic in nature. Why ?</p> <p><b>Ans :</b></p> <p>Conditioners are hair care products that alter the texture and appearance of hair.</p> <p>Conditioners are frequently acidic in nature, as low pH protonates the amino acids, providing the hair with positive charge and thus more hydrogen bonds between keratin scales, giving the hair a more compact structure.</p>	<p>1</p> <p>2</p>	<p>3</p>
31.	<p>Explain the application of eye shadow briefly.</p> <p><i>Application of eye shadow :</i></p> <p><b>Ans :</b></p> <p>i) Take highlighting brush and apply highlighting colour onto the eyelid and also just underneath the eyebrow.</p> <p>ii) Using an eye shadow applicator brush apply a medium colour in the fold of the eye.</p> <p>iii) Use the eyeliner brush and apply eyeliner onto the eye or use an eyeliner pencil.</p>	<p>1</p> <p>1</p> <p>1</p>	<p>3</p>

Qn. Nos.	Value Points		Total
VII.	Answer the following questions : <span style="float: right;">3 × 4 = 12</span>		
32.	<p>Kamala is suffering from fatigue in neck and shoulders. Explain the pressure points that you follow to reduce them.</p> <p><b>Ans :</b></p> <p>Pressure points that help to reduce fatigue in neck and shoulders :</p> <p>i) Fuchi :           The hollow outside the highest point of the muscles running beside the central hollow in the nape.</p> <p>ii) Tenchu :         The highest point of the muscles running beside the central hollow in the nape.</p> <p>iii) Kankotsu:      The hollow diagonally below the most protruding point behind ear.</p> <p>iv) Kensei :         The points where middle finger touches when placing the fingertips on the side of neck.</p>	<p style="text-align: center;">1</p> <p style="text-align: center;">1</p> <p style="text-align: center;">1</p> <p style="text-align: center;">1</p>	4
33.	<p>Explain any four bleaches that can be prepared at home by using fruits and are free from chemicals.</p> <p><b>Ans :</b></p> <p><i>Bleaches made using fruits and free from chemicals :</i></p> <p>a) <u>Tomatoes</u> — Slice a tomato and gently rub it all over the face. Wash the face after 5 minutes.</p> <p>b) <u>Lemon</u> — Mix with equal quantity of honey and apply on face and wash after 20 minutes.</p> <p>c) <u>Papaya</u> — Mix half a cup ripe papaya with one table spoon of milk. Apply a thick paste and rub gently into facial hair and wash after 10 minutes.</p> <p>d) <u>Orange</u> — Add one teaspoon of lemon juice to half a cup of orange peel powder. This gives a radiant glow to the face.</p>	<p style="text-align: center;">1</p> <p style="text-align: center;">1</p> <p style="text-align: center;">1</p> <p style="text-align: center;">1</p>	4
<b>OR</b>			

Qn. Nos.	Value Points		Total
	<p>Explain the steps that you follow as a beauty therapist to remove the black heads and white heads formed on Anu's face.</p> <p><b>Ans :</b></p> <p>Extraction is the process of removing black heads and white heads on the facial skin using an extractor.</p> <p>Use the following steps :</p> <p>Step (1) : Wash the hands. Using the extractor press around and get the black heads out.</p> <p>Step (2) : Clean and disinfect the black head removing tool and sterilize it.</p> <p>Step (3) : Align the tool so that the soon-to-be-obiterated black head is in between the V-notch in the tool. Press down gently. Black head or white head will pop out through the loop. If it is a white head, roll the loop over the emerging substance to remove it completely. Wash all the residues or wipe it onto a paper towel. Press down, expelling the sebum from the pore. Repeat if necessary.</p> <p>Step (4) : Once the extraction is done, wash the face with water. Apply toner on skin using cotton or a sprayer after the face is dried.</p>	<p>1</p> <p>1</p> <p>1</p> <p>1</p>	4
34.	<p>List the benefits of hill climbing as an exercise.</p> <p><b>Ans :</b></p> <p><i>Importance of hill climbing as an exercise :</i></p> <p>(Benefits of hill climbing )</p> <ul style="list-style-type: none"> <li>* It requires no specific equipment to climb.</li> <li>* The aerobic capacity of the individual increases which is indicative of healthier and effective heart, lungs and blood vessels.</li> <li>* Reduces weight.</li> <li>* Reduces cholesterol level and maintains a good level of it in the body.</li> <li>* It can reduce the risk of osteoarthritis.</li> <li>* Boosts our attitude, mood and confidence.</li> <li>* Increases our stamina and energy to perform activities.</li> </ul> <p style="text-align: right;">( any four )</p>	<p>1</p> <p>1</p> <p>1</p> <p>1</p>	4
	<b>OR</b>		

Qn. Nos.	Value Points		Total
	<p>Mention any four stretching exercises for upper arms.</p> <p><b>Ans :</b></p> <p><i>Stretching exercises for upper arms :</i></p> <ol style="list-style-type: none"><li>1. Triceps stretches.</li><li>2. Biceps stretches.</li><li>3. Upward stretch.</li><li>4. Shoulder stretches.</li></ol>	1 1 1 1	4