

**A****CCE RF  
CCE RR****NSQF LEVEL-2**

**KARNATAKA SECONDARY EDUCATION EXAMINATION BOARD, MALLESHWARAM,  
BANGALORE – 560 003  
NSQF LEVEL-2 EXAMINATION, MARCH/APRIL, 2022  
MODEL ANSWERS**

Date : 08. 04. 2022 ]

CODE NO. : **90-EK****Subject : Beauty & Wellness****( English Medium )****( Regular Fresh & Regular Repeater )****[ Max. Marks : 60**

<b>Qn. 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 : <math>10 \times 1 = 10</math></i>		
1.	The effect of sound sleep among the following is (A) Fatigue; reduced creativity (B) Better concentration; improved immunity (C) Laziness; unable to cope up with stress (D) Weight gain; reduced immunity <b>Ans :</b> (B) Better concentration; improved immunity		1
2.	The Indian hair care product among the following is (A) Lakme (B) Wella (C) Sunsilk (D) L' Oreal <b>Ans :</b> (A) Lakme		1

**RF/RR(A)-(200)-9105(MA)**

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Qn. Nos.	Value Points		Total
3.	A skin type that may feel tanned and shows flakes of dead skin is (A) normal skin (B) oily skin (C) combination skin (D) dry skin. <b>Ans :</b> (D) dry skin		1
4.	The tool used to roll back the cuticle during pedicure is (A) cuticle softener (B) nail filer (C) cuticle pusher (D) nail buffer <b>Ans :</b> (C) cuticle pusher		1
5.	Mylar sheet is used to make mehendi filling cones, because it (A) has high tensile strength and electrical insulation (B) gives attractive colour (C) absorbs moisture (D) has longer shelf-life <b>Ans :</b> (A) has high tensile strength and electrical insulation		1
6.	Reflexologists apply more pressure on the hands because the reflex points in the hands are (A) present in the finger tip (B) much deeper (C) weaker in hands (D) very delicate <b>Ans :</b> (B) much deeper		1
7.	A substance used to smoothen, rehydrate and soften skin during manicure is (A) an aromatic oil (B) a mineral oil (C) a scrubber (D) a hand cream/lotion <b>Ans :</b> (D) a hand cream/lotion		1
8.	An organic compound that is commonly used in nail polish remover is (A) nitrocellulose (B) silver halide (C) acetone (D) tosyl amide <b>Ans :</b> (C) acetone		1
9.	An essential oil that is helpful in treating respiratory problem is (A) geranium (B) eucalyptus oil (C) lavender (D) peppermint oil <b>Ans :</b> (B) eucalyptus oil		1
10.	A suitable foundation for a sensitive skin is (A) no perfume foundation (B) liquid foundation (C) sticks foundation (D) cream foundation <b>Ans :</b> (A) — no perfume foundation		1

Qn. Nos.	Value Points		Total																
II.	Fill in the blank with suitable answer : <span style="float: right;">4 × 1 = 4</span>																		
11.	The constituent of food which brings about growth and repair in the body is ..... <b>Ans :</b> proteins		1																
12.	A mechanical method of exfoliation is ..... <b>Ans :</b> microdermabrasion		1																
13.	The pressure point at the temple region that revitalises the hair is ..... <b>Ans :</b> taiyo		1																
14.	A method of removing the hair permanently is ..... <b>Ans :</b> electrolysis		1																
III.	Match the function of tools given in <b>Column-A</b> with their names given in <b>Column-B</b> and write correct answer along with its letter : <span style="float: right;">4 × 1 = 4</span>																		
15.	<p>Match the following :</p> <table style="width: 100%; border: none;"> <tr> <td style="text-align: center; width: 50%;"><b>Column-A</b></td> <td style="text-align: center; width: 50%;"><b>Column-B :</b></td> </tr> <tr> <td>i) Removes oil, dirt, dandruff, skin particles</td> <td>a) Serum</td> </tr> <tr> <td>ii) Gives shining to the hair and stops tangling</td> <td>b) Head steamer</td> </tr> <tr> <td>iii) Useful to steam the scalp</td> <td>c) Comb</td> </tr> <tr> <td>iv) Useful to alter the texture and appearance of the hair</td> <td>d) Shampoo</td> </tr> <tr> <td></td> <td>e) Moisturizer</td> </tr> <tr> <td></td> <td>f) Conditioner</td> </tr> <tr> <td></td> <td>g) Hair oil</td> </tr> </table> <p><b>Ans :</b></p> <p>i) d) — Shampoo  ii) a) — Serum  iii) b) — Head steamer  iv) f) — Conditioner</p>	<b>Column-A</b>	<b>Column-B :</b>	i) Removes oil, dirt, dandruff, skin particles	a) Serum	ii) Gives shining to the hair and stops tangling	b) Head steamer	iii) Useful to steam the scalp	c) Comb	iv) Useful to alter the texture and appearance of the hair	d) Shampoo		e) Moisturizer		f) Conditioner		g) Hair oil		1 1 1 1
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Qn. Nos.	Value Points		Total
IV.	Answer the following questions : <span style="float: right;">6 × 1 = 6</span>		
16.	How is the consumption of warm milk beneficial in getting sound sleep ? <b>Ans :</b> Warm milk helps to produce melatonin and serotonin hormones that induce sleep.		1
17.	What is the role of the manufacturer in the beauty industry ? <b>Ans :</b> — manufacture beauty products — supply different tools, products and equipment used in beauty industry.	$\frac{1}{2}$ $\frac{1}{2}$	1
18.	"It is better to rinse the hair with cool water after shampooing." Why ? <b>Ans :</b> This makes the hair cuticle lie flat and the hair look shiner.		1
19.	Name any <i>two</i> international brands manufacturing foot care products. <b>Ans :</b> i) Maybelline ii) Colorbar iii) Chambor iv) Revlon. <span style="float: right;">( Any <i>two</i> brands )</span>	$\frac{1}{2}$ $\frac{1}{2}$	1
20.	Give any <i>two</i> examples for top note essential oils. <b>Ans :</b> i) Bergamot ii) Lemon.	$\frac{1}{2}$ $\frac{1}{2}$	1
21.	"It is advantageous to soak nails for a few minutes in warm water having few drops of soap during manicure." Why ? Give reason. <b>Ans :</b> Helps to loosen dirt, dead skin, any dust left over and soften the cuticles.		1

Qn. Nos.	Value Points		Total
V.	Answer the following questions : <span style="float: right;">6 × 2 = 12</span>		
22.	Write the advantages of facial. <b>OR</b> Write the benefits of loose translucent powder. <b>Ans :</b> — can improve the immune system and aid in detoxification — reduces fluid-build-up in the body — aid in stress relief — aid in better blood circulation and lymphatic drainage — aid in relaxation of facial muscles — slow the onset of wrinkles, staggng of facial skin. <span style="float: right;">( Any four points )</span>	$\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$	2
	<b>OR</b>		
	<b>Ans :</b> — creates a more natural look — sets the basis of make-up, foundation, cover stick — creates a matte appearance — blots any oiliness.	$\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$	2
23.	"Waxing is a more advantageous method than other methods of removing hair." Explain. <b>Ans :</b> — can remove large amount of hair at one time — hair will not grow back for two to eight weeks — the surface of the skin that is waxed will be smooth — hair are removed from their roots.	$\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$	2
24.	Dairy products should be a part of our balanced diet. Why ? <b>OR</b> Consuming whole grains is better than consuming refined grains. Why ? <b>Ans :</b> — good source of calcium — promote strong bones and teeth — regulate muscle contraction — regulate heartbeat.	$\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$ $\frac{1}{2}$	2
	<b>OR</b>		

Qn. Nos.	Value Points		Total
	<p><b>Ans :</b></p> <ul style="list-style-type: none"> <li>— whole grains provide useful nutrients which are stripped away in refined grains</li> <li>— contain fibres which promote healthy digestive system</li> <li>— are rich in antioxidants</li> <li>— can prevent cancer, diabetes, heart disease etc.</li> </ul>	<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
25.	<p>List the tips that can be given to the beginners in leg waxing.</p> <p><b>Ans :</b></p> <ul style="list-style-type: none"> <li>— hair should be at least 1/8<sup>th</sup> inch</li> <li>— better to use cold wax</li> <li>— lightly powder the area to be waxed for a better grip</li> <li>— use tweezers to pluck any stray hairs</li> <li>— remove extra wax if present, with the help of a light body lotion.</li> </ul> <p style="text-align: right;">( Any four points )</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
26.	<p>Mention any <i>four</i> additives added to henna paste.</p> <p><b>Ans :</b></p> <ul style="list-style-type: none"> <li>— mehendi oil</li> <li>— okra juice</li> <li>— eucalyptus oil</li> <li>— ground clove</li> <li>— little sugar</li> </ul> <p style="text-align: right;">( Any four points )</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
27.	<p>Write the causes for the formation of acne.</p> <p><b>Ans :</b></p> <ul style="list-style-type: none"> <li>— acne occurs when the pores are blocked with oil, dirt or bacteria</li> <li>— overactive sweat glands</li> <li>— high hormone levels</li> <li>— eating too much food with refined sugars.</li> </ul>	<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
VI.	Answer the following questions : <span style="float: right;">4 × 3 = 12</span>		
28.	<p>What is a balanced diet ? Mention the main food groups present in balanced diet.</p> <p><b>Ans :</b></p> <p>A balanced diet is one that provides the body with all the essential nutrients, vitamins, minerals required to maintain cells, tissues and organs to function correctly.</p> <ul style="list-style-type: none"> <li>— Fruit and vegetables</li> <li>— Protein</li> <li>— Dairy</li> <li>— Carbohydrates</li> <li>— Fatty and sugar food.</li> </ul>	<p>1</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>	3
29.	<p>List the tools used in manicure.</p> <p><b>Ans :</b></p> <ul style="list-style-type: none"> <li>— nail cutter</li> <li>— nail filer</li> <li>— scrubber</li> <li>— cuticle softener</li> <li>— cuticle pusher</li> <li>— hand cream</li> <li>— nail buffer</li> <li>— nail polish</li> <li>— polish remover</li> </ul> <p style="text-align: right;">( Any six points )</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><math>\frac{1}{2}</math></p>	3

Qn. Nos.	Value Points		Total
30.	<p>Name any <i>three</i> ingredients present in anti-dandruff shampoo. Mention their function.</p> <p style="text-align: center;"><b>OR</b></p> <p>Explain the role of hair spa in improving the health of hair.</p> <p><b>Ans :</b></p> <ul style="list-style-type: none"> <li>• Coal tar — effective at slowing down the regeneration of dandruff cells</li> <li>• Ketoconazole — kills the fungus or yeast and minimizes dryness and flakiness on the scalp</li> <li>• Salicylic acid — creates lather and removes layers of dead skin cells and prevent scaly skin and flaking scalp in the future</li> <li>• Selenium sulphide — helps to kill yeast, reduces regeneration speed of scalp cells</li> <li>• Zinc pyrithione — is an antifungal ingredient. Prevents building up of bacteria and fungus on the scalp.</li> </ul> <p style="text-align: right;">(Any <i>three</i> points )</p>	<p style="text-align: center;">1</p> <p style="text-align: center;">1</p> <p style="text-align: center;">1</p>	3
<b>OR</b>			
	<p><b>Ans :</b></p> <ul style="list-style-type: none"> <li>— Strengthens the hair follicles</li> <li>— nourish the roots and revitalizes the scalp that leads to natural hair rebirth</li> <li>— normalizes the oil secretion</li> <li>— increases cell metabolism and stimulates blood circulation</li> <li>— eliminates impurities inside the pores and repairs damaged hair</li> <li>— it is a rehydrating therapy that restores vital oils and moisture for a smooth, sensuous glow that begins at the root.</li> </ul>	<p style="text-align: center;"><math>\frac{1}{2}</math></p> <p style="text-align: center;"><math>\frac{1}{2}</math></p> <p style="text-align: center;"><math>\frac{1}{2}</math></p> <p style="text-align: center;"><math>\frac{1}{2}</math></p> <p style="text-align: center;"><math>\frac{1}{2}</math></p> <p style="text-align: center;"><math>\frac{1}{2}</math></p>	3



Qn. Nos.	Value Points		Total
31.	<p>Mention the steps of cuticle removing in pedicure.</p> <p><b>Ans :</b></p> <ul style="list-style-type: none"> <li>— Dry the feet and toe nails. Apply cuticle softener evenly all over the edges and leave for two minutes</li> <li>— Immerse the feet in a bowl of warm water and soak them for about three minutes</li> <li>— Gently dry the feet and toe nails using a towel</li> <li>— Use the rounded part of the cuticle pusher and push back the cuticles on the surface of the nail. Angle the pusher to 35 to 45 degrees and gently slide it towards base of the nail and push away the softened cuticle</li> <li>— Use the pointed, sharp part to push down the cuticles at the corners of the nails.</li> <li>— Use the tip of the cuticle trimmer to remove dead skin from around the nails. Gently scrape the tip around the edges of the nail bed to remove the build up dead skin. This gives a clean, finished look.</li> </ul>	<p>½</p> <p>½</p> <p>½</p> <p>½</p> <p>½</p> <p>½</p>	<p>3</p>
VII.	Answer the following questions :	3 × 4 = 12	
32.	<p>List the guidelines to be followed while bleaching the face.</p> <p style="text-align: center;"><b>OR</b></p> <p>Write any <i>four</i> methods of face bleaching without using chemicals.</p> <p><b>Ans :</b></p> <ul style="list-style-type: none"> <li>— Do the patch test before using bleach</li> <li>— Read and follow each and every instruction on the leaflet that comes with the product</li> <li>— Do not apply skin bleach near sensitive areas such as eyes and nose</li> <li>— Apply bleaching cream only on the area you wish to make lighter</li> <li>— Bleaching cream can be used to hide fine facial hair. Do not apply excessive bleach in such cases.</li> <li>— After bleaching, apply sun screen lotion with SPF 30 before going out in the sun</li> <li>— Avoid using soap</li> <li>— Use a good quality face wash that suits the skin type.</li> </ul>	<p>½</p> <p>½</p> <p>½</p> <p>½</p> <p>½</p> <p>½</p> <p>½</p>	<p>4</p>
	<b>OR</b>		

Qn. Nos.	Value Points		Total
	<p><b>Ans :</b></p> <ul style="list-style-type: none"> <li>— Tomatoes as bleaching agents — slice a tomato and gently rub it all over the face. Leave it on for 5 minutes and wash the face</li> <li>— Mix equal quantity of lemon juice and honey, apply on the face. Leave for 20 minutes before rinsing the face. Repeat this twice a week</li> <li>— Mix half cup of a ripe papaya pulp with one table spoon of milk. Apply a thick paste and rub gently into facial hair. Leave it for 10 minutes and then wash</li> <li>— Add one tea spoon of lemon juice to half a cup of orange peel powder. Apply gently on the face. Leave it for few minutes and then wash.</li> </ul>	<p>1</p> <p>1</p> <p>1</p> <p>1</p>	<p>4</p>
33.	<p>Write the role of following employees in a beauty and wellness sector :</p> <p>a) Nail technician</p> <p>b) Sales representative</p> <p><b>Ans :</b></p> <p>a) <u>Nail technician</u></p> <ul style="list-style-type: none"> <li>— is a specialist in nail treatments which includes care for natural nail with manicures and pedicures</li> <li>— carries out nail art application and artificial nail enhancement techniques.</li> </ul> <p>b) <u>Sales representative</u></p> <ul style="list-style-type: none"> <li>— promotes a particular product</li> <li>— provides services for company brand</li> <li>— can offer technical support and training.</li> </ul> <p style="text-align: right;">( Any two points )</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>4</p>

Qn. Nos.	Value Points		Total
34.	<p>What is the meaning of the word "Ayurveda" ? Mention the aims of Ayurveda. Name any four yoga poses.</p> <p style="text-align: center;"><b>OR</b></p> <p>Write the benefits of stair climbing exercise for a good health.</p> <p><b>Ans :</b></p> <p>‘Ayurveda’ a Sanskrit term is made up of the words ‘ayus’ and ‘veda’. Ayus means life and Veda means knowledge or science. Ayurveda is the ‘knowledge of life’ or ‘science of life’.</p> <p>Aims :</p> <ul style="list-style-type: none"> <li>— to protect health and prolong life</li> <li>— to eliminate diseases and dysfunctions of the body</li> </ul> <p>Yoga poses :</p> <ul style="list-style-type: none"> <li>— Mountain pose</li> <li>— Downward dog pose</li> <li>— Warrior pose</li> <li>— Tree pose</li> <li>— Bridge pose</li> </ul> <p style="text-align: right;">( Any four poses )</p>	<p style="text-align: center;">1</p> <p style="text-align: center;">½</p> <p style="text-align: center;">½</p> <p style="text-align: center;">½</p> <p style="text-align: center;">½</p> <p style="text-align: center;">½</p> <p style="text-align: center;">½</p>	<p style="text-align: center;">4</p>
	<b>OR</b>		
	<p><b>Ans :</b></p> <ul style="list-style-type: none"> <li>— requires no specific equipment to climb</li> <li>— is effective for cross training in between workouts</li> <li>— gives a healthier and effective heart, lungs and blood vessels</li> <li>— reduces body weight</li> <li>— reduces cholesterol levels and maintains a good level of cholesterol in the body</li> <li>— reduces the risk of osteoarthritis</li> <li>— boosts attitude, mood and confidence</li> <li>— increases stamina and energy to perform activities.</li> </ul>	<p style="text-align: center;">½</p> <p style="text-align: center;">½</p> <p style="text-align: center;">½</p> <p style="text-align: center;">½</p> <p style="text-align: center;">½</p> <p style="text-align: center;">½</p> <p style="text-align: center;">½</p> <p style="text-align: center;">½</p>	<p style="text-align: center;">4</p>