

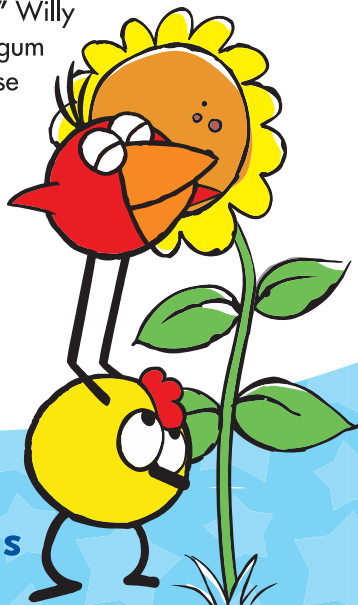
Smelling and Tasting

How can so much fun teach STEM skills?

The senses of taste and smell are so tied together that it is almost impossible to explore one without the other. Scent memory is among the most evocative of the senses. When children learn with all of the senses, their brain connections are stronger and their memories last longer.

Try these Activities!

- **Tasting with your nose.** Ask children to hold their nose, put an orange slice in their mouth, and chew it a moment. Can they taste anything? Have them let go of their nose and take a breath. Can they taste anything now?
- **Match the scent.** For this activity, you will need small jars with lids, cotton balls, and food flavorings, such as peppermint, lemon, almond, and chocolate. In each jar, put a cotton ball with a few drops of flavoring. Screw the lid on the jar to capture the scent. Place pictures of the various flavors in a line. Let the children sniff each jar and match the scent with the picture.
- **Create a mood.** Different scents can evoke different moods or feelings. Try placing different spices and foods in your center every day. Ask the students each day how the scent makes them feel: sunny like lemons, warm and cozy like cinnamon, breezy like lavender. What are your best scent memories? What other scents can you create?
- **"I can taste the roast beef!"** Willy Wonka created a chewing gum that tasted like a three-course meal. Have children create an imaginary gum that tastes like their favorite meal. What does their gum taste like?



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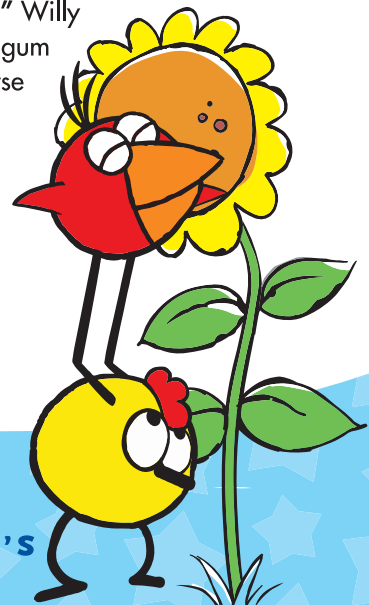
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Smelling and Tasting

Tell Children:

- **"What do you notice?"** When children talk about what they sense, it helps them understand what is going on.
- **"This is fun, isn't it?"** Have fun playing and exploring taste and smell with your children!

Tell Parents:

Today we explored the senses of smell and taste. Encourage parents to ask their child about their favorite smells and foods. Teach parents the Willie Wonka game, and encourage them to try it at home during dinner.

Brain-Building Connection:

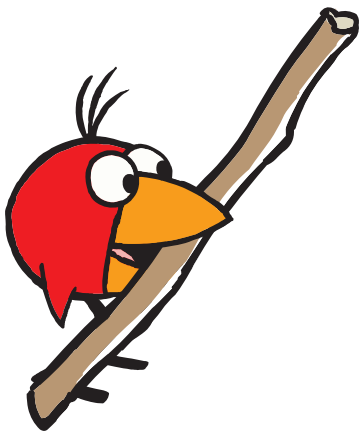
Color and scents work hand in hand to create visual and smell stimulation that generates a positive connection to the nervous system. Scents can improve mental alertness. Lavender can promote calm and relaxation; peppermint can wake you up.

Read All About It:

Sid the Science Kid: What's that Smell? by Jennifer Frantz

Sniff, Sniff: A Book about Smell by Dana Meachen Rau and Rick Peterson

Blueberries for Sal by Robert McCloskey



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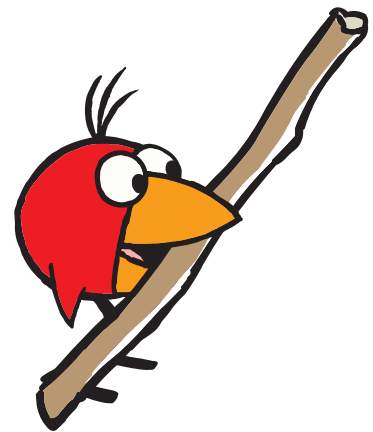
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