A Closer Look:
This week we learned all about our senses and how they help us interact with our world. We explored the importance of each of our five senses through experiencing them! We got to wear 3-D glasses, listen to music and even dye our tongues blue! If you ask us about our taste buds, we will tell you about “fungiform-papillae”. Try to say fungiform-papillae 5 times fast...that’s a tongue twister!

Sense-sational Information:

HEARING: When you hear a noise, what you are hearing is sound vibrations. Sounds cause tiny bones in your ears to vibrate and your ears pick up these sound vibrations and send information about the sound to your brain.

SIGHT: Our sense of sight allows us to see our world. However, we would see things very differently if our eyes didn’t have help from our brain! Images are sent to our brain upside down and our brain has the job of turning them right side up and making “sense” of them!

SMELL: Our nose is the tool that allows us to smell our world, but what is it that we are smelling? We are using our noses to detect odors which are made up of tiny chemical molecules that float through the air around us. Odors come from things like food, flowers and even stinky feet!

TOUCH: Our sense of touch allows us to “feel” our world. We feel our world through tiny nerve endings in our skin and nails.

TASTE: In order to be able to tell whether a food tastes yummy or gross, we use our tongue. The taste buds on our tongue only recognize four tastes; bitter, sour, sweet and salty. To taste something complex like pizza, our brain, tongue and nose work together to combine the different tastes into flavors.

Did you know...
We are all born with about 10,000 taste buds! But as we gets older, some of our taste buds die.

Girls can taste better than boys due to the fact that they generally have more taste buds.

Follow-up with your Child:
Review the 5 senses with your child and discuss how different the world would be without one or more of your senses.

Recipe of the Week
Applesauce Pancakes

INGREDIENTS:
2 cups dry pancake mix
1 teaspoon ground cinnamon
2 eggs
1 cup applesauce
1 teaspoon lemon juice
1/2 cup milk

In a large bowl, stir together pancake mix and cinnamon. Make a well in the center of the pancake mix. Add remaining ingredients and stir until smooth.

Heat a lightly oiled frying pan over medium heat. Scoop approx. 1/4 cup of batter into the pan. Brown both sides and serve hot with maple syrup or apple butter. Makes 4 servings.

Recipe from http://allrecipes.com

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