

The Five Senses

Can you name the five senses? You may not know what they are but your body uses them every day. The five senses help us do things like hear, see, touch, smell, and taste. Without the five senses we would never be able to smell or taste freshly baked cookies. We wouldn't be able to see our family, friends, and pets. We wouldn't be able to hear our favorite song or give someone a hug.

Sense of Sight

The first sense is the **sense of sight**. Some people cannot see. You may have heard that someone is blind. The proper term for someone that cannot see is **visually impaired**. Can you imagine what it would be like to be blind? You would probably have trouble matching your clothes, walking down the street, or making your breakfast.

People that are visually impaired say they have a better sense of hearing, smell, touch, and taste as a result of their loss of sight. Instead of using their eyes they use their ears, nose, and hands to guide their way through a house. They are able to adapt to living without sight by memorizing the layout of their house, their way to work, and any other place they need to go.

A visually impaired person may use the help of a seeing-eye dog or a cane to help them get around independently. To be **independent** means they wish to do things by themselves without the help of others.

Sense of Hearing

Imagine what the world would be like if you could not hear anything. Some people go through life without hearing a sound. They have had to find ways to communicate without being able to hear a reply. Some people communicate through sign language. Others learn how to read lips.

Our ears are designed to help our brain process sound waves. One person may have a better sense of hearing than another. If someone has trouble hearing they may be hearing impaired. If you have ever heard someone was deaf this means they cannot hear.

Someone that is **hearing impaired** may attend a special school where they learn sign language if they do not already know it. At the school they can study the same subjects any other child studies such as Math, Reading, and Science. However, a hearing impaired child is also prepared for the world around them as they learn to live without one of the most important senses.

Sense of Touch

On a bad day it is always nice to get a hug. Without the sense of touch you would not be able to feel that hug. Your hand contains feeling sensors within your fingertips. In fact, your whole body contains nerve endings that allow you to feel hot or cold, soft or rough, and many other textures.

Some people cannot feel anything. If someone is paralyzed the nerves under their skin do not react to touch or textures. If you were to put a hot pan against a paralyzed person's skin they would not feel the heat or the pain that everyone else would. This makes the loss of touch very dangerous since the skin will still burn and scar without any warning to the person.

People may be paralyzed from birth though it is much more common to become paralyzed from an accident or a stroke. Some people only have legs that are paralyzed while others are paralyzed from their neck down. Many paralyzed individuals have to use wheelchairs or crutches to get around since **paralysis**, which means loss of feeling, can make it impossible for them to stand up, walk, or move their body in ways you probably can.

Sense of Taste

What is your favorite flavor? Is it strawberry? How about homemade chocolate chip cookies? Whatever your favorite flavor is you must use your sense of taste to enjoy the flavor. That is because your tongue has several areas that contain bundles called **taste buds**.

Your taste buds help you to identify what you are eating. You also use your nose to help you taste food. That is why when you have a stuffy nose food tastes weird.

Each part of your tongue is used for a different taste. Sweet foods can be tasted on the tip of your tongue. Salty and sour foods can be tasted on both sides of your tongue. Bitter foods can be tasted on the back of your tongue.

You can lose your sense of taste, though it is not common. If you burn your tongue sometimes it feels like you cannot taste anything. If your tongue is burnt badly your taste buds can burn and then you will not be able to taste anything again. Eating food would not be enjoyable, so you would be less likely to eat. This would cause other health risks so it is best to keep your taste buds in tact.

Sense of Smell

We smell many things. Flowers and cinnamon are smells we enjoy. Baby diapers and garbage are smells we don't enjoy. Our sense of smell even helps us to detect danger such as gas or the presence of a skunk.

Without our sense of smell we are miserable. Try to remember how you felt the last time your nose was stuffed up. On top of being sick you probably wished your nose was not stuffy. It affected your sense of taste so you may not have felt like eating.

Some are more sensitive to scents than others. Some people are even allergic to things they can smell such as fresh cut grass or pollen in the air, which tickles their nose. However, without the sense of smell we'd never be able to smell our favorite scents ever again.

Our five senses work together to help in our daily lives. Without them we would have to **adapt**, or change our routine, to life without our senses. It would not be an easy task but it can be done.

The Five Senses Worksheet

I. Match the sense with those who cannot use it.

- | | |
|------------------|-----------------------|
| 1. _____ Sight | A. Stuffy Nose |
| 2. _____ Hearing | B. Visual Impairment |
| 3. _____ Touch | C. Burnt Taste Buds |
| 4. _____ Smell | D. Hearing Impairment |
| 5. _____ Taste | E. Paralyzed Person |

II. Multiple Choice

1. Which is not one of the five senses?

- | | |
|------------|------------|
| A. Sight | B. Touch |
| C. Hearing | D. Muscles |

2. The sense of _____ is used to catch the scent of something dangerous such as gas.

- | | |
|------------|----------|
| A. Sight | B. Smell |
| C. Hearing | D. Touch |

3. When holding a cup of hot chocolate we know if the cup is hot thanks to our sense of _____.

- A. Touch
- B. Smell
- C. Hearing
- D. Taste

4. The sense of _____ allows us to listen to our favorite band.

- A. Touch
- B. Smell
- C. Hearing
- D. Sight

5. Without our sense of _____ we'd never be able to enjoy the flavor of chocolate chip cookies!

- A. Touch
- B. Sight
- C. Taste
- D. Hearing

III. Definitions

- 1. _____ adapt
- 2. _____ taste buds
- 3. _____ independent
- 4. _____ visually impaired
- 5. _____ paralysis
- A. unable to see
- B. loss of feeling
- C. bundles on our tongue
- D. change our routine
- E. to do things without the help of others

Name_____



Date_____

The Five Senses Answer Sheet

I. Matching

1. B
2. D
3. E
4. A
5. C

II. Multiple Choice

1. D
2. B
3. A
4. C
5. C

III. Definitions

1. D
2. C
3. E
4. A
5. B