

GRADE 1

TEACHER BACKGROUND INFORMATION

GROWTH AND DEVELOPMENT

TOUCH, TASTE, SMELL

TOUCH

Nerves in the skin receive sensations of touch - pressure, pain and temperature. When these skin receptors are stimulated, the brain interprets what has happened and a message is sent causing a reaction.

Fingers are more sensitive and have a better sense of touch than most areas although there are nerve endings found in the mouth and inside the body that are sensitive to distress, such as stomach ache/sore throat/ ear ache, etc. This is called organic-sense . Some people do not have a sense of touch and may hurt or cut themselves without knowing it. Some have a low threshold to pain, while others can tolerate a great deal of pain.

Positive health habits related to the sense of touch include:

- avoiding hazards that can hurt the body (e.g., hot water, team, sharp objects, cramped places)
- keeping the skin clean
- dressing warmly in winter to avoid freezing the skin

TASTE

Taste buds located in the mouth and on the tongue allow for taste sensation. Individuals may prefer and enjoy food through their sense of taste. Nerve endings for the taste buds in the tongue are linked to the nerve below the tongue. When taste buds and nerves are stimulated by foods with salty, sweet, sour or bitter tastes, messages are sent to the brain and registered as. specific tastes.

Positive health habits related to the sense of taste include:

- brushing the tongue clean when brushing the teeth
- eating foods that are not too hot
- drinking fluids that are not too hot
- not putting the tongue on very cold objects
- not tasting unknown substances

Safely removing a tongue that has been stuck to cold metal involves:

- NOT trying to pull the tongue away from cold metal;
- waiting for someone to pour cool water on tongue area tuck to cold metal

SMELL

The sense of smell is not as well understood as some other senses. It is mainly a subjective phenomenon that is rather poorly developed in people.

The olfactory nerve is located above the nasal cavity. Small hair-like projections extend into the nose from this nerve. When air or an object is sniffed, the vapors stimulate the hairs of the olfactory nerve and a message is sent to the brain. This signal is registered as a smell.

Smell contributes to the sense of taste or may be confused with it. People who have a cold often say that they cannot taste anything, when there may be nothing wrong with their sense of taste. The sense of smell can alert an individual to dangerous situations such as smoke or chemical fumes.

Positive health habits related to the sense of smell include:

- keeping the nose clean
- blowing the nose carefully to remove mucus that catches dust and dirt
- avoiding hazardous household products that would harm the nose
- avoiding glues and inhalants

SOURCE: Physical Well-Being Teaching Aids,
Manitoba Education, 1986