



Senses

You have five senses that work together to let you see, hear, smell, taste, and touch the world around you. Try all five in this badge!

Steps

1. Look around
2. Listen to the world
3. Put your nose to work
4. Take a taste test
5. Touch and feel

Purpose

When I've earned this badge, I'll know how I use my five senses to explore the world.

**I have
a sense
that things
are about
to get really
fun!**





Girl



Scout



Promise

Many people who can't hear use American Sign Language to talk to each other. Learn how to sign the alphabet in sign language, and sign your name to a friend. Or, learn to sign the Girl Scout Promise!



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God



country



help



people



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live



Girl



Scout



Law

STEP **3** Put your nose to work

One person might think something smells really good, while the next person thinks it smells really bad—everyone smells in a different way. Try out your nose in one of these choices.

CHOICES – DO ONE:

- Follow a friend using only your nose!** Have an adult help you find something with a strong scent, like a lemon slice or a cinnamon stick. Blindfold a friend, hold the item close to her nose, and see if she can follow you a short distance using her sense of smell. Now switch, and see if you can follow her.

OR 

- Play a smelly game with your friends.** Find five containers with lids (old yogurt containers will work well) and mark a number on each. Put an item with a strong smell—such as an orange peel or coffee—into each container and poke holes in the lid. Write down the number of each container and what's inside. Now rearrange the containers and try to identify the item that is in each one, just by smell. Who can guess the most smells correctly?

OR 

- Try sniffing out three different foods.** Put on a blindfold. Have someone else hold three different—but similar—foods under your nose, like three cheeses (such as cheddar, Swiss, mozzarella) or three kinds of citrus fruit (such as orange, grapefruit, lime). Guess what you think each food is, then find out if you're right.

FOR MORE FUN: First, taste each food. Then, hold your nose and have someone else feed you each one. Do they taste the same as they did when you could smell them?



FUN smelling FACTS

- Girls can smell more scents than boys can
- A human nose can recognize up to 10,000 different kinds of smells
- Every person's body has a unique smell—except for identical twins, who smell the same!



FUN food FACTS

- Sweet, salty, bitter, and sour are not the only tastes. There is a fifth taste called “umami.” You can taste it in ketchup, Parmesan cheese, and pepperoni.
- Some vegetables taste sweet! What about carrots, beets, and red peppers?
- Other than the blueberry, there is no blue food in nature. Seeing food dyed blue can spoil your appetite.



STEP 4 Take a taste test

To use your sense of taste, you need your mouth and your tongue. These body parts taste food and then send signals to your brain to let you know what the flavor is and whether or not you like it.

CHOICES – DO ONE:

- Do a taste test with salty, sweet, bitter, and sour foods.** Taste at least one thing with each flavor. Talk about which flavors you like best and which ones you like least. Do any of the foods have more than one flavor?

FOR MORE FUN: Scientists know that we need saliva, or spit, to be able to taste. Try your taste test again, but wipe your tongue dry this time. Is anything different?

OR

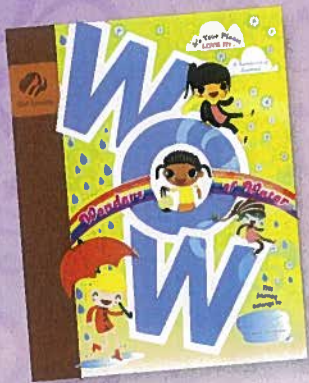
- Look at the taste buds on a friend’s tongue.** Without touching her tongue, use a safe, plastic magnifying glass to see her taste buds. Then let her look at yours. Talk about what they look like, and find out the scientific name for a taste bud and how many are on one tongue.

FOR MORE FUN: Find out what makes someone a “supertaster!”

OR

- Explore how sight influences taste.** With an adult, dye one food a different color than it was originally. You can try making blue milk or pink pancakes! Taste the food with its normal color, then its new color. Talk with your friends or family about whether it tastes different to you, and if you like the taste better if the food is a different color.

Tip: Ask your friends if anyone has food allergies. If so, be sure to stay away from those foods!



Add the Badge to Your Journey

In step 2, visit a favorite water place to listen for 10 different sounds. Maybe you'll hear birds, insects, or animals who love that place, too! Does the water make more than one sound?

Now that I've earned this badge, I can give service by:

- Showing a Daisy how to sign the Girl Scout Promise
- Sharing a senses game with a girl who I'd like to join Brownies
- Teaching my friends about the fifth taste



I'm inspired to: