Your Five Senses

Robert Quinn

Read and discover all about your five wonderful senses ...
- How do your eyes work?
- What's under your skin?

Read and discover more about the world!
This series of non-fiction readers provides interesting and educational content, with activities and project work.

Series Editor: Hazel Geatches

Audio CD Pack available

Word count for this reader: 1,343

Level 3
600 headwords

Level 4
750 headwords

Level 5
900 headwords

Level 6
1,050 headwords

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You have five different senses. They give you lots of information about the world around you.

**Sight**  
you see things with your eyes.

**Hearing**  
you hear things with your ears.

**Smell**  
you smell things with your nose.

**Taste**  
you taste things with your tongue.

**Touch**  
you touch and feel things with your skin.

What are these people doing?  
Which senses are they using?
Your sense of sight lets you see people and objects around you. It also lets you read books, look at photos, and watch television.

Your sense of sight helps to keep you safe, too. When you cross the street you can watch for traffic. You can see when the traffic lights are green, yellow, or red.

You can see because your eyes detect light. Light can come from the sun or from a lamp. It can also reflect off things around you. You can’t see anything when it’s very dark because there’s no light!

White light contains all the colors of the rainbow. You can see this with a prism. It breaks white light into separate colors.
Look at one of your eyes in a mirror. The white part is the sclera and the colored part is the iris. The small black spot in the center is the pupil. The pupil is a hole that lets light into the eye. When it’s dark, your pupils open to let more light in.

Your eyelids and eyelashes protect your eyes from dust and dirt. Your eyelids also keep light out.

Light reflects off an object. The light then enters the eye and goes through a lens. This lens focuses the light on the retina at the back of the eye. It makes a picture of the object on the retina.

The retina has millions of optic cells. They detect light and colors. The optic nerve collects the information and takes it to the brain.

Cameras have lenses, too. What other things have lenses?
Your sense of hearing helps you in many ways. You can hear the telephone when it rings, and listen to people when they talk to you. You can listen to your favorite music, too!

Your ears also help you to locate sounds. You can hear when sounds come from the right or the left. Then you can follow the sound by turning your head.

You can hear lots of different sounds. Some things make loud sounds, like a motorcycle or a jet plane. Other things make soft sounds, like a clock ticking or wind chimes blowing in the wind.

Some things make high sounds, like a whistle or a flute. Other things make very low sounds, like a tuba or a big bass drum.
Sounds are vibrations in the air that your ears can detect. First the vibrations go into your ear canal. Then your eardrum vibrates. Behind your eardrum there are three small bones called ossicles. They also vibrate.

Next to the ossicles there is a spiral tube called the cochlea. It detects vibrations from the ossicles. Then the auditory nerve collects the information and takes it to your brain. This is how you hear.

Some people don’t hear well. Sometimes they wear a hearing aid to make sounds louder. Other people have a cochlear implant. The implant detects sounds with a microphone. Then it sends electrical signals to the cochlea inside the ear.
Your nose lets you smell things. Some things smell good, like pizza or fresh cookies. The yummy smells tell you they are probably good to eat. Flowers and perfume often smell good, too. What other things smell good to you? Can you eat them?

Some things smell bad, like food waste or bad eggs. Yuck! Your nose tells you they aren’t good to eat. They can make you very sick.

Your nose tells you about other dangers, too. When there’s a fire, you can smell the smoke and call for help. Poisonous chemicals often smell bad. Your nose tells you they are dangerous.

Skunks can spray a liquid that smells terrible. They use it for protection!
Smells are clouds of tiny particles in the air, like smoke or perfume. When you breathe, these particles go into your nose through your nostrils. Then they go up into your nasal passages.

When something smells good, you open your nostrils wider. When something smells bad, you wrinkle your nose. This closes your nostrils, so the bad smell can’t get in.

You have about five million olfactory cells in your nasal passages. These cells can detect thousands of different smells. Your olfactory nerve collects all the information and then takes it to your brain. Your brain recognizes familiar smells and remembers new smells for the future.

Bears have very sensitive noses. Their sense of smell is about 2,000 times better than ours. They use their sense of smell to find food.
Your sense of taste is very important. It lets you enjoy the different tastes of your food. Your tongue can detect sweet, sour, salty, savory, and bitter tastes.

Ice cream tastes sweet because we make it with lots of sugar. Some foods, like honey, are naturally sweet. Lemon juice and natural yogurt taste sour. We can add sugar or honey to make them taste sweeter.

Food tastes salty when it has lots of salt. Many people add salt to foods like popcorn or French fries. Foods, like meat and cheese, have a savory taste called umami. This is a Japanese word.

Coffee tastes bitter, so many people add sugar to make it sweet. Orange peel is also bitter, but we can make it into sweet marmalade.
Do you know how your sense of taste works? Look at your tongue. Can you see lots of little pink bumps? Those bumps are your taste buds. When you touch food with your tongue, your taste buds detect all the tastes. Then your gustatory nerves take the information to your brain.

Your tongue has about 10,000 taste buds. Most of them are at the front, back, and sides of your tongue. Your taste buds get old quickly, so your tongue needs to grow new ones. It only takes two weeks to replace all your taste buds!

Your senses of taste and smell work together. That’s why you can’t taste your food very well when you have a cold.
Your Sense of Touch

Your skin gives you information about the things that you touch. You can feel temperature, so you know when things are hot or cold. This helps to keep you safe. You don’t want to burn yourself! You can also feel the temperature of the air around you, so you know when to put on warm or cool clothes.

You can feel different textures. Some things feel hard, like rocks. Other things feel soft, like feathers. Some things feel rough, like sandpaper. Other things feel smooth, like the surface of glass.

Some people can’t see well, but they can read Braille books. Braille is a code of bumps that you feel with your fingers.
There are millions of nerve endings under your skin. They detect temperature and textures. Then they send the information to your brain. Your face, neck, hands, and feet are very sensitive. They have more nerve endings than other parts of your body.

Your nerve endings also protect you when you hurt yourself. They send pain signals to your brain. The pain doesn’t feel good, but it tells your brain that you are in danger.

Your senses give you information about the world around you. They also help to keep you safe. Which senses are the most important to you, and why?
1 Write the words.

lamp eye photo sun rainbow traffic lights

2 Complete the sentences.
1 I can ___ for traffic in the street.
2 I can ____ books.
3 I can ___ the colors of the rainbow.
4 I can ___ television.
5 I can ___ at photos of my family.

3 Circle the correct words.
1 My sense of sight lets me hear / see objects.
2 I can see because my eyes detect / reflect light.
3 Traffic lights show three / four different colors.
4 A prism breaks white / green light into colors.
5 I can’t see at night because it’s very dark / safe.
6 Light can cross / reflect off things around us.
7 White light contains all the colors / lights of the rainbow.
8 Light can come from a book / lamp.

4 Order the letters with the same color. Then write the words.

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1 colors
2 ___
3 ___
4 ___
5 ___
6 ___
7 ___
1 Write the words.
- eyelashes
- eyelid
- iris
- pupil
- sclera

2 Write true or false.
1. The sclera is the colored part of my eye.  False
2. My eyelashes keep out light when I sleep.  False
3. My pupils open more when it’s dark.  True
4. My eyelids protect my eyes from dust.  True
5. The iris is a small black spot in my eye.  True

3 Complete the sentences. Then write the numbers.
The (1) **pupil** lets light into your eye. The (2) **______** focuses light on the (3) **______**. The (4) **______** detect light and colors. Then the (5) **______** takes the information to the brain.

4 Answer the questions.
1. Where is the retina?
   - **The retina is at the back of the eye.**
2. Why do your pupils open more in the dark?
   - **______**
3. How many optic cells does the retina have?
   - **______**
4. What color are your irises?
   - **______**
1 Match. Then write sentences.

I can listen to the telephone rings.
I can hear sounds favorite music.
I can listen to people from the right or the left.
I can hear when they talk to me.

2 Write the words.

bass drum motorcycle flute clock whistle jet plane wind chimes tuba

3 Circle the correct words.

1 A whistle makes high / low sounds.
2 A jet plane makes very loud / soft sounds.
3 A tuba makes high / low sounds.
4 Wind chimes make loud / soft sounds.
5 A flute makes high / low sounds.
6 A motorcycle makes very loud / soft sounds.

4 Find and write the words.

motorcycle bon flute yums soft o music er listen

5 Complete the sentences.

1 I can hear ____________________.
2 I can listen to ____________________.
1 Write the words.

auditory nerve
vibrations
cochlea
ossicles
eardrum
ear canal

2 Number the sentences in order.

☐ Then the ossicles vibrate too.
☐ The information goes to the brain.
☐ Sound vibrations go into the ear canal.
☐ The cochlea detects the vibrations.
☐ The eardrum vibrates.
☐ The auditory nerve collects the information.

3 Write true or false.

1 Sounds are vibrations in the air. ______
2 The ossicles are two small bones. ______
3 The auditory nerve is a spiral tube. ______
4 Hearing aids make sounds softer. ______
5 Cochlear implants send light signals to the brain. ______

4 Find and write the words.

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1 b _________ 2 o _________ 3 v _________ 4 e _________ 5 e _________ 6 c _________ 7 a _________ 8 h _________ 9 i _________ 10 m _________
5 Your Sense of Smell

1 Write the words.
   cookies  flowers  food waste
   perfume  pizza  bad eggs

2 Complete the chart.

<table>
<thead>
<tr>
<th>They smell good.</th>
<th>They smell bad.</th>
<th>They're good to eat.</th>
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3 Match.
1 I don’t like this perfume. Are you making cookies?
2 What’s that terrible smell? It doesn’t smell very good.
3 Do you smell smoke? They’re probably bad.
4 Something smells yummy! Yes, I think there’s a fire!
5 Don’t eat those old eggs! I think it’s a skunk!

4 Order the words. Then answer the questions.
1 does / waste / How / food / smell?
   How does food waste smell? It smells terrible.
2 the / smell / like / you / of / pizza? / Do
   ____________________________ ____________________________
3 good? / chemicals / Do / poisonous / smell
   ____________________________ ____________________________
4 your / is / What / smell? / favorite
   ____________________________ ____________________________

---

Read pages 12-13.
How Your Nose Works

1 Write the words.
nasal passages
olfactory nerve
nostrils
olfactory cells
particles

1 ____________ 4 ____________
2 ____________ 5 ____________

2 Complete the sentences.
air brain clouds different nasal
nerve nose nostrils olfactory particles

1 Smells are ______ of tiny particles in the ______.
2 My ______ let the smell particles into my ______.
3 Then the ______ go up into my ______ passages.
4 My ______ cells detect all the ______ smells.
5 My olfactory ______ takes information to
my ______.

3 Answer the questions.
1 When do your nostrils open wider?

2 Where are your olfactory cells?

3 How many olfactory cells do you have?

4 What smells does your brain recognize?

4 Write the words. Then write the secret word.
e{l|c} 1 →
verne 2 →
s{l|cou|d} 3 →
t|o|s|r|n|i|l 4 →
s|a|p|s|a|g|e|s 5 →
to|r|l|o|f|a|c|y 6 →
The secret word is:
1 Write the words. honey French fries salt orange peel lemon juice sugar

2 Circle the correct words.
1 Bitter / Salty foods have lots of salt.
2 Honey is a naturally sweet / salty food.
3 People often put salt / sugar on French fries.
4 Orange peel and coffee taste sour / bitter.
5 Natural yogurt tastes sweet / sour.
6 Sweet foods have lots of salt / sugar.

3 Match. Then write the sentences.
Many people add salt We can add sugar a lot of sugar in it.
Your tongue detects the tastes of your food. have a savory taste.
Ice cream usually has from bitter orange peel. to make foods sweet.
Meat and cheese to make foods salty.
We can make marmalade

4 Write about foods that you like.

5 Write about foods that you don’t like.
On Your Tongue

1 Complete the sentences.

brain
bumps
nerves
tastes
tongue

1 I have lots of taste buds on my ________.
2 My taste buds look like little pink ________.
3 My taste buds detect the ________ of my food.
4 The information goes to my gustatory ________.
5 The nerves take the information to my ________.

2 Write true or false.

1 My taste buds detect different smells. ________
2 I can’t taste very well when I have a cold. ________
3 My tongue doesn’t grow new taste buds. ________
4 The sides of my tongue have taste buds. ________
5 My tongue has about 1,000 taste buds. ________
6 My senses of taste and smell work together. ________

3 Find and write the words.

tastestnfoodsbumpsedsurfaceltonguetsides
tastebudslotfrontenfranervesesedback

1 ________ 6 ________
2 ________ 7 ________
3 ________ 8 ________
4 ________ 9 ________
5 ________ 10 ________

4 Answer the questions.

1 How many taste buds are there on your tongue? ________
2 Where do you have most of your taste buds? ________
3 Why does your tongue replace your taste buds? ________
4 How long does it take to replace your taste buds? ________
5 Why can’t you taste things when you have a cold? ________
9 Your Sense of Touch

Read pages 20–21.

1 Complete the sentences.

- cold hard hot rough smooth soft

1. It feels ________. 4. ________
2. It feels ________. 5. ________
3. ________. 6. ________

2 Circle the odd one out.

1. ice cream fire ice
2. bumps sandpaper glass
3. rocks feathers glass

3 Circle the correct words.

1. A rock feels hard / soft when you touch it.
2. Ice cream feels hot / cold on my tongue.
3. A cat’s tongue feels smooth / rough.
4. Fresh pizza feels hot / cold when I touch it.
5. The surface of a mirror feels rough / smooth.

4 Find and write the words.

t e m p e r a t u r e
i e t d c o l d h d s
l f x r o u k k y s m
h b r t a g s h e e o o
g a c m u h o c o f o
k a r a s r f f o t t
o z s d o o e h m o h
w a r m n l b n a k l

1. s ________
2. r ________
3. h ________
4. c ________
5. s ________
6. h ________
7. t ________
8. t ________
9. w ________
10. c ________
1 Write the words.

face neck hands feet

1 ____________
2 ____________
3 ____________
4 ____________

2 Match. Then write the sentences

My skin has millions of nerve endings. Detect signals of danger. Tell my brain that I'm in danger. Pain tells my brain that I'm in danger. Nerve endings detect pain. I can't feel my skin when it's very cold. My face and neck are very sensitive. Touch helps to keep me safe.

1 My sense of touch helps to keep me safe.
3 My nerve _______ are under my _________.
3 Pain _______ tell my brain that I’m in _________.
4 My _______ sometimes feels _______ on cold days.
5 It doesn’t _______ good when I ________ myself.

3 Complete the sentences.

endings feel nose signals touch danger hurt numb safe skin

1 My sense of touch helps to keep me safe.
3 My nerve _______ are under my _________.
3 Pain _______ tell my brain that I’m in _________.
4 My _______ sometimes feels _______ on cold days.
5 It doesn’t _______ good when I ________ myself.

4 Complete the puzzle.

1 I taste with my _.
2 I can see with my _.
3 Some _ are loud.
4 My nose has two _.
5 Orange peel tastes _.
6 The _ detects light.
7 I can feel different _.
8 The _ is a spiral tube.
9 A mirror feels _.
10 _ smells good.
A Senses Poster

1. Choose one of your five senses. Find or draw pictures about it.
2. Write notes and complete the diagram.

Parts of the body: Types of information:

Sense:

Things I can do: Why it's important:

3. Make a poster. Write sentences to describe the pictures. Display your poster.

My Senses Diary

1. Choose a moment when you use many of your senses.
2. Answer these questions.

- Where are you? What are you doing?
- Can you see things? How do they look?
- Can you hear sounds? What types of sound are they?
- Can you smell things? How do they smell?
- Are you eating? How does the food taste?
- Can you touch or feel things? How do they feel?

3. Copy your answers onto some paper. Write a title. Display your diary.

My Senses Diary - At The Beach
I'm at the beach. I'm having lunch.
I can see the water. It's blue and green.
Oxford Read and Discover

Series Editor: Hazel Geatches • CLIL Adviser: John Clegg

Oxford Read and Discover graded readers are at four levels, from 3 to 6, suitable for students from age 8 and older. They cover many topics within three subject areas, and can support English across the curriculum, or Content and Language Integrated Learning (CLIL).

Available for each reader:
- Audio CD Pack (book & audio CD)
- Activity Book

For Teacher’s Notes & CLIL Guidance go to www.oup.com/elt/teacher/readanddiscover

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<td>Helping Around the World</td>
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<tr>
<td></td>
<td>Clothes Then and Now</td>
<td>Caring for Our Planet</td>
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<tr>
<td></td>
<td>Incredible Energy</td>
<td>Earth Then and Now</td>
<td>Food Around the World</td>
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<td>Your Amazing Body</td>
<td>Wonderful Ecosystems</td>
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<tr>
<td>1,050 headwords</td>
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For younger students, Dolphin Readers Levels Starter, 1, and 2 are available.