A NOTE TO ADULT READERS

This month, we're looking at another part of human anatomy, the schnoz on our faces. The nose encompasses anatomy, biology, even a bit of zoology and plenty of the science of smell. The topic also provides a chance to talk to children about subjects outside of health, such as diversity, since everyone has a different nose, although some nose sizes and shapes are commonly associated with race or ethnicity. Some noses are big and some noses are small, but every nose is unique in some way and that makes it special. Wishing you the most pleasant of smells,

Jim and Stacy

Your Health

The Monroe Evening News

A kid's guide to staying healthy, fit and safe

for kids

[left margin, bottom to top] **Answer:** It got tired of being picked on. ■ **Question:** Why did the nose cross the road? **Answer:** Your nose, because you can blow it and pick it. ■ **Question:** What is the most musical part of your body? **Answer:** Because then it would be a foot. ■ **Question:** Why can't your nose be 12 inches long?

[right margin, top to bottom] **Question:** How do you stop a stinky dog from smelling? **Answer:** Plug his nose. ■ **Question:** Why does an elephant use its trunk as a bookmark? **Answer:** So he nose where he stopped reading. ■ **Question:** What kind of flower do you have between your nose and your chin? **Answer:** Tulips.

The sense of smell,

or, don't be so . . .

NOSY

SMELLING CONTEST

A human has 40 million olfactory receptor cells. A dog has 1 billion olfactory receptor cells and each is 100 times larger than a human's olfactory receptor cell.

Smells funny

Sense of smell — just like touching, hearing, tasting and seeing — has a lot to do with your brain.

First, what do you smell? A smell, or odor, is a chemical.

Second, how do you smell? When you smell, the chemicals from what you're smelling — say, a delicious orange freshly squeezed to make a cup of juice — reach your olfactory cells in your nose when you breathe them in from the air. The olfactory cells contain tiny hairs called cilia and are covered in a thin layer of slime, called olfactory mucus. The olfactory cells detect the chemical and send a signal to a part of your brain called the thalamus and frontal lobe so they can be identified.
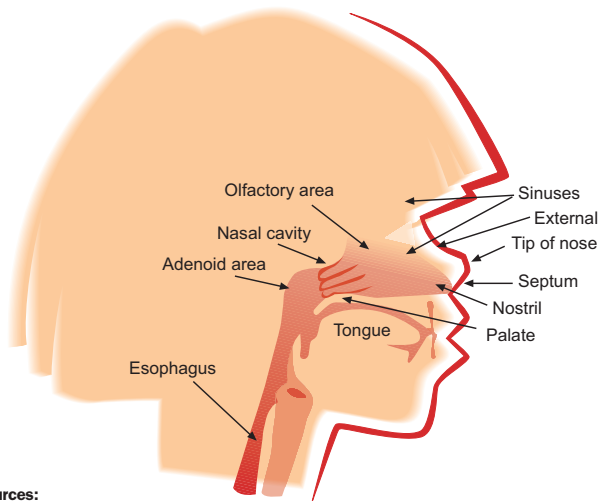
Your brain tells you, "You are smelling an orange." How does your brain know? Because your sense of smell is specific, it can tell between 4,000 and 10,000 smells.

KIDS HEALTH QUIZ ANSWER: A) Anosmia

NO IT SNOT

What is that gooey stuff inside your nose? It's nasal mucus, commonly called snot. It traps germs in the nose, acting as a protective slime barrier to keep you healthy. When you sneeze, the mucus and germs come out of your nose, so it's important to wash your hands every time you sneeze.

TRY THIS: SMELLS TASTY

Sense of smell is 75 percent of taste.

Next time you're eating your favorite foods, try an experiment. Close your eyes and hold your nose. Then taste several things on your plate. Without peaking, can you tell what they are? How do they taste?

Write down your observations and try it again with something you don't like nearly as much such as Brussels sprouts. What do you notice this time?

Diagram labels:
Olfactory area
Nasal cavity
Adenoid area
Esophagus
Tongue
Sinuses
External
Tip of nose
Septum
Nostril
Palate

Sources:
University of Washington
University of Michigan
Cardiff University

WORDS TO NOSE

External meatus – The big triangle sticking out from your face
Sinuses – Eight air-filled spaces in your head
Olfactory area – The cells for smell
Nasal Cavity – The inside of your nose
Nostril – The hole in your nose for breathing and smelling
Septum – The cartilage that separates the nostrils
Palate – The shelf that separates the mouth and nasal cavity
Adenoid area – A gland that traps and destroys germs