



I REMEMBER THAT SMELL!

Summary: These activities are from [How do we smell?](#), a lesson that explores the science of smell and smell memories. These activities encourage families to reflect on smell memories evoked from spices in their home cabinet. Finally, we connect activities to the dinner table and provide recipes to cook and prompt questions to discuss.

Essential Questions:

- How does smell connect to our memories?

Outcomes:

- Identify and describe different smells of spices and connect the aromas of those spices to personal memories.

Time: 35-65 minutes, plus the time to complete recipes.

Materials

- Spices
- Structured worksheets
- Pen or Pencil
- Recipe ingredients

Procedure:

THINK ABOUT: Did you know?...

- Smell is the first sense we use when we are born.
- As an adult, you can distinguish about 10,000 different smells.
- Your brain has 40 million different olfactory receptor neurons.
- The brain regions that juggle smells, memories, and emotions are very much intertwined. The way that your sense of smell is wired to your brain is unique among your senses (Saplakoglu, 2019).

DO: Go into your kitchen and take out at least 3 different spices. **(5 mins)**

WRITE: Using the spices from your kitchen, fill out the [Smell Lab Sheet](#). **(10-20 mins)**



WRITE/REFLECT: Fill out the version of the edible schoolyard's [Food Memory Worksheet](#). First, smell one of the spices, and write down a memory that spice evokes. **(10-20 mins)**

CONNECT: Next, ask other people in your house about their memories of spices. Fill out their answers on a piece of paper or the [Family Food Memory Worksheet](#). **(10-20 mins)**

MAKE: Extend this lesson to the dinner table! Look at our recipes for [Garlic Roasted Chicken](#), [Rice Pudding](#), or [Oatmeal Cookies](#).

DISCUSS: Share out what you wrote in the memory sheets and smell lab.

Prompts for the dinner table: Consider exploring these questions:

- a. When was the last time that you smelled something delicious?
- b. What is your favorite spice, and why?
- c. When you smell a particular spice, what does it bring to mind?

References

Eveleth, R (n.d) How do we Smell?. *TED-ED*. Retrieved from <https://ed.ted.com/lessons/how-do-we-smell-rose-eveleth#digdeeper>

Saplakoglu, Y. (2019, December 8). Why Do Smells Trigger Strong Memories?. *Live Science*. Retrieved from <https://www.livescience.com/why-smells-trigger-memories.html>