

SITUATION BOX

A. Aid in weight loss

B. Air-condition a dentist's office

C. Improve work performance

D. Induce sleep

E. Move a herd of cattle

F. Reduce food cravings

G. Scent a classroom during a test

H. Scent a gym

I. Scent a study hall

Olfaction Reaction

Read each finding, then using the Situation Box and your own idea to write two ways to which each odor described below might be used.

A. If the scent of lilacs has a calming and soothing effect, **then** lilac aroma could be used to:

1. _____
2. _____

B. If the smell of freshly-baked cinnamon rolls invigorates people, **then** hot cinnamon-roll aroma could be used to:

1. _____
2. _____

C. If the scents of jasmine and peppermint have a wake-up effect, **then** jasmine or peppermint aroma could be used to:

1. _____
2. _____

D. If the smell of chocolate satisfies a person's craving for it, **then** chocolate-scented spray could be used to:

1. _____
2. _____

Answers to the Smell Activities:

Test your smell quotient

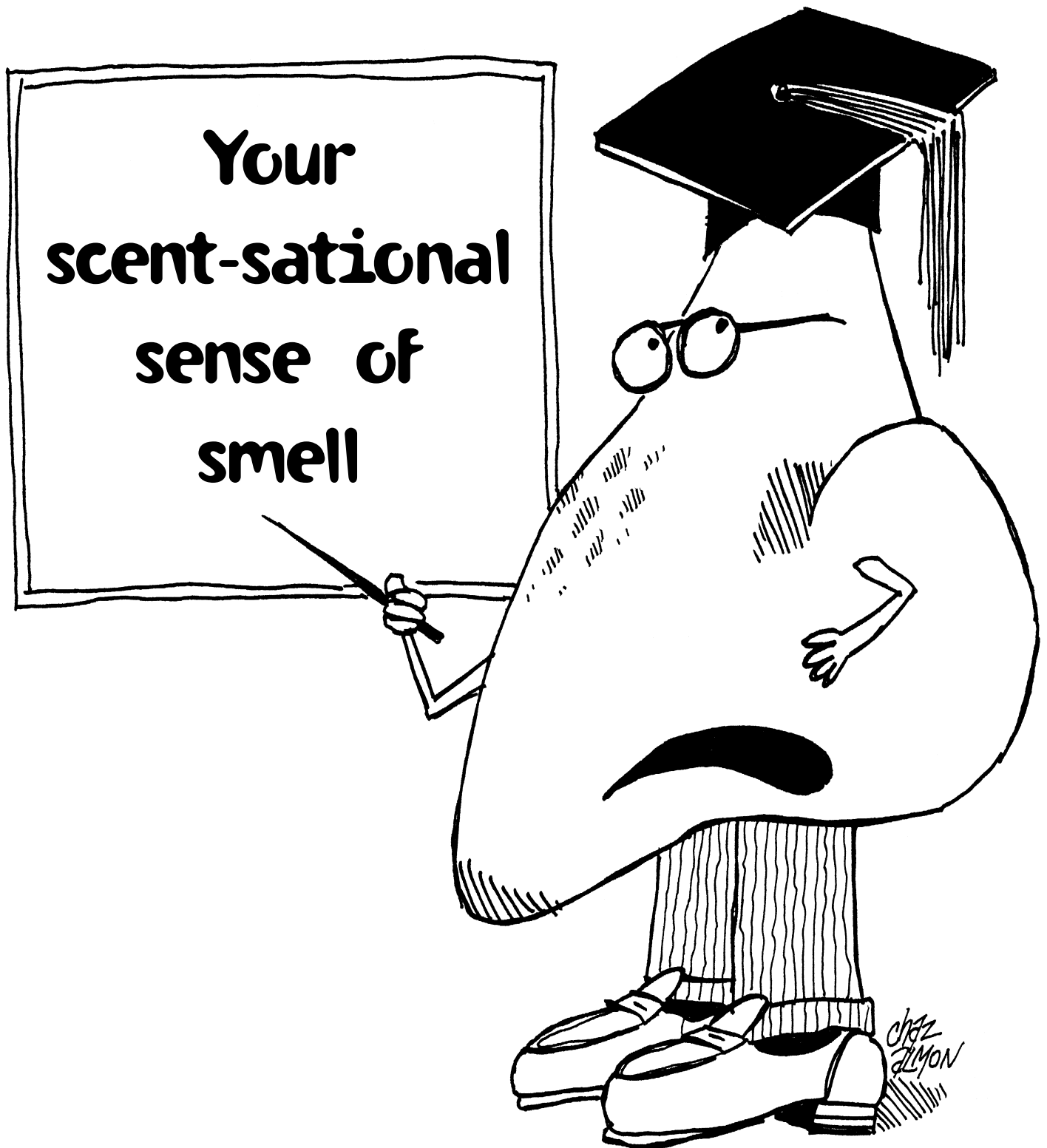
1. Agree – In fact smell is one of the first senses that a newborn baby experiences.
2. Disagree – It's just the opposite.
3. Agree – And the science of Aroma-Chology is discovering more about the aroma/feeling connection.
4. Agree – Researchers studying the phenomenon have found that our ability to recall a specific scent surpasses even our ability to recall what we've seen.
5. Disagree – Our sense of smell definitely does function while we're asleep. The obvious safety benefit to us is that we will be awakened if we smell smoke or gas.
6. Disagree – It takes about 5 seconds for humans to breathe -- 2 to inhale, 3 to exhale -- and in that time molecules of odor flood through our systems. Inhaling and exhaling we smell odors.
7. Disagree – Our reactions to most odors are highly personal, depending upon our own unique odor/memory associations.
8. Agree – Genes, skin type, hair color, diet, age, physical and mental conditions and even weather are determining factors in each individual's unique odor-identity.
9. Agree – Without the sense of smell we vastly limit ourselves to only four taste sensations – sweet, salty, sour and bitter.
10. Agree – Animals also use their scents to establish territories and to communicate.

Olfaction Reaction

A: a, b, d B: c, h C: g, i D: a, f

Answer: COMMON SCENTS

It makes "Scents"



You're using it right now
and you probably don't even realize it. What is IT?
Your sense of smell, of course. Find out how much you really know
about this scent-sational sense by completing the following activities.

Test your SQ

[smell Quotient]

Write **A** on the line in front of a statement if you agree with what it says and **D** if you disagree.

- | | |
|--|---|
| ___ 1. The sense of smell is mature at birth. | ___ 6. The only time we smell is when we inhale. |
| ___ 2. Newborn males have a keener sense of smell than newborn females. | ___ 7. Everyone who smells the same thing perceives it in the same way. |
| ___ 3. Different aromas can make us happy, sad, awake or sleepy. | ___ 8. Each individual human being has a unique odor-identity or smell fingerprint. |
| ___ 4. People can recall entire events with the whiff of a specific scent. | ___ 9. What we call the "taste" of food is mostly smell. |
| ___ 5. Our sense of smell shuts off when we sleep. | ___ 10. Many animals use their scents to mark the path to and from a food source. |

It Makes "scents"

Use this code key to complete the answer to the question.

B = C = E = O = M = N = R = S = T =

Q. How are Aroma-Chologists like all great thinkers?

A. They use their _____

Trace that odor

Look across, down and diagonally to find these scent-sational odors:

- | | | |
|----------|------------|-------|
| CINNAMON | LUNCH | PIZZA |
| COCOA | MUSK | POOL |
| COFFEE | OIL | SKUNK |
| FISH | PEPPERMINT | SMOKE |
| GAS | PERFUME | SOAP |
| LEMON | PIE | SOUP |
| LILAC | PINE | ZOO |

P	E	P	P	E	R	M	I	N	T
I	C	O	E	I	L	U	N	C	H
Z	O	Z	R	C	E	S	G	A	S
Z	F	F	F	O	L	K	O	Z	O
A	F	I	U	C	S	E	Z	U	A
Z	E	S	M	O	K	E	M	X	P
O	E	H	E	A	U	P	O	O	L
I	Z	C	I	N	N	A	M	O	N
L	I	L	A	C	K	P	I	N	E



What is your favorite aroma?

Most likely, it's tied into a pleasant memory. And if you dislike a smell, you probably had an unpleasant experience with it.

Smell that Feeling

Next to each aroma word, write a word that best describes the feeling (safe, sleepy, angry, sad, anxious, happy, excited, etc.) or the memory (picnic, vacation, grandmother, winter, etc.) you get when you think of that aroma.

- Freshly-baked cookies _____
- Pine _____
- Coffee _____
- Pizza _____
- Gasoline _____
- Lemon _____
- Smoke _____
- Cinnamon _____
- Peppermint _____
- Paint _____
- Flowers _____
- Shoe Polish _____
- Cocoa _____
- Apples _____
- Chlorine _____
- Nail polish _____

Remember the smell

Take this survey home and ask a family member to write the name of the aroma that comes to mind when he or she thinks of each of the following places, people or things.

- A New Car _____
- Babies _____
- Newspaper _____
- Basement _____
- New Shoes _____
- Hospital _____
- Classroom _____
- Kitchen _____
- Movie Theatre _____
- Mother _____
- Picnic _____
- Father _____
- Swimming Pool _____
- Summer _____
- Housecleaning _____
- Work _____



A Whiff of the future

Scientists know that the body's limbic system—of which the olfactory bulbs are a part—controls human emotions and feeling, and regulates a person's ability to think, learn and remember. Now, scientists in a field called Aroma-Chology are investigating the effects of different aromas on human feelings.

Aroma-Chologists combine biological and psychological studies with advanced technology to determine which kinds of aromas stimulate happiness, sleepiness, alertness, a more relaxed state and even certain types of memories. Through experiments, these scientists discovered that some aromas arouse the same attitude in everyone who smells them.

Today, Aroma-Chologists are using this information to design aroma programs for the present and the future. Aromas can be used to help people become calm, lose weight, fall asleep, stay alert while driving, increase work or study performance and much, much more. But which aromas will be used for which situations? That's what current research is discovering.

