What Do Astronauts Eat?

Solve space-kitchen problems and design your own one-day menu for the ISS.

Name: _____ Date: _____

1. Match the problem with the solution

1. Crumbs float and can clog air vents. _____
2. Salt and pepper grains float away. _____
3. A drink cannot be poured into a cup. _____
4. The food tray drifts away from the table. _____

A Drink from a pouch with a straw.

B Use liquid salt and pepper.

C Attach it with Velcro or magnets.

D Eat tortillas instead of bread.

2. Design a menu for one day in space

Meal	Food	Why it works in space
Breakfast		
Lunch		
Dinner		
Snack		

3. Think about it

1. Why do you think astronauts like spicy foods?

2. Why does the ISS recycle its water?

(T) (F) Astronauts can grow some fresh food on the space station.

(T) (F) Bread is the best food for space because it is light.

Answer key

What Do Astronauts Eat? · for parents and teachers

1. **Match:** 1 → D (tortillas), 2 → B (liquid salt and pepper), 3 → A (pouch with a straw), 4 → C (Velcro or magnets).
2. **Menu:** answers vary. Good answers use tortillas, pouches, dried foods that are rehydrated or foods with few crumbs. Avoid crumbly foods, loose liquids or foods that need cooking.
3. **Q1:** Fluids shift toward the head in space and can make astronauts feel stuffy, which dulls taste, so strong flavors are popular. **Q2:** Water is heavy and costly to launch. Recycling saves weight and supply trips.
4. **True/False:** first is True (lettuce and chile peppers); second is False (bread makes crumbs).

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