

Preparing an astronaut's meal



Now here is a challenge for the entire family.



You are to prepare a selection of items from which a family member picks from in order to make a small meal, similar to one that an astronaut would prepare on the International Space Station (ISS).

But first you must problem solve.

Go into the kitchen and look around you. How would things be different on the ISS?

Complete the table below.

The first three rows have been completed for you.

How would this be possible on the ISS	Home kitchen activity
<p><i>Water fall from the tap into the cup under the influence of the force of gravity. Since everything is weightless on the ISS this would not be possible. Water would have to be directed into a container directly via a tube or even a syringe. Even drinking from a cup is impossible.</i></p>	
<p><i>Open fires are not permitted on the ISS. It would also be difficult to keep the ingredients in the frying pan and from floating away in the air. Heating food in the way outlined on the right is impossible in space. Special heating modules are designed for the ISS where food is warmed either via microwave or a heating element. Most food comes already prepared and just needs to be warmed as opposed to heated or cooked.</i></p>	

Serving food on a plate in the way shown on the right is impossible on the ISS. As previously mentioned, if items are not secured to the table or plate then they will float in the air inside the ISS and become a dangerous hazard. This form of eating where people eat from the table is possible only if all items are secured to the table.

