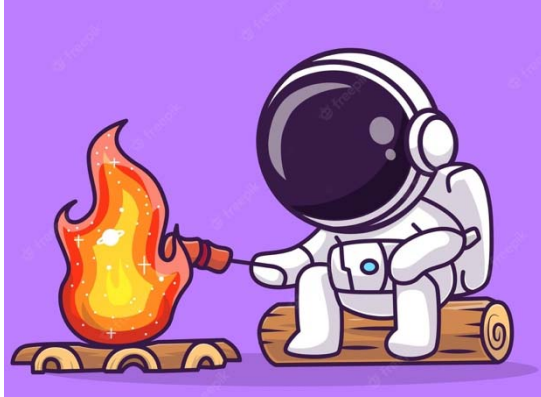


Name _____



Space Snacks

Astronauts often face challenges while eating in space. The cabin environment can make crumbs

float, so food is packaged tightly. They might eat delicious sandwiches without lettuce or tomatoes to avoid messes.

Some meals come in cans or vacuum-sealed pouches. Silent chewing is preferred to avoid disturbing others. Often, astronauts eat while floating. Light meals are best, and they must be nutritious.

Astronauts eat at specific times to maintain their health. They might enjoy a special treat, like a piece of fruit or a sweet dessert.

Each meal is carefully planned by scientists. Even in space, a balanced diet is important.