



MISSION 1 - FOOD



WHAT SAMANTHA ATE TODAY...

Food is very important for astronauts to stay healthy in space, and they usually have three meals a day: breakfast, lunch, and dinner. They must get all their nutrients in these meals.

Check out Samantha's diary of what food she ate today:

"Eating on the International Space Station is very different than on Earth: we don't cook! All our food is pre-cooked: sometimes it can be eaten as it is, like nuts, sometimes we just need to warm it up in our little oven, and sometimes we need to add water, because the food is dehydrated. I get to choose what I eat in space from what is available, there is no strict meal planning, and I get to take some special foods with me from Earth too!

Today I ate mushroom soup, omelette with broccoli, tomatoes, and asparagus – all of those are rehydratable – and some macadamia nuts. Mushroom soup is one of my favourite foods to eat on the International Space Station. I also have a very good spelt salad.

I really like big salads with plenty of fresh ingredients like tomatoes, mozzarella, cucumbers, nuts, and plenty of olive oil! I wish I could eat them in space, but unfortunately we rarely have fresh food on the space station, so I'll just have to wait until I'm back on Earth!"

Samantha Cristoforetti



2. What is Samantha's favourite on Earth?

- Meat
- Mushroom soup
- Nuts
- Salad

1. What is Samantha's favourite food on the ISS?

- Spaghetti
- Broccoli
- Macadamian nuts
- Mashroom soup

3. Why can't Samantha have her favourite food from Earth in space?

- Because there's not much fresh food in the ISS
- Because the supermarket is closed
- Because there's gravity
- Because there aren't any nuts