

International Space Station

How Astronauts Eat and Drink in Space

Instructions: Choose the best answer for each question.

1. Why can't astronauts eat and drink like we do on Earth?

- (a) They don't have tables and chairs in space.
- (b) Food and drinks would float away in space.
- (c) They don't have refrigerators in space.

2. What is special about the food astronauts eat in space?

- (a) It's all candy and ice cream.
- (b) It's specially prepared to be lightweight and easy to eat.
- (c) It's the same food we eat on Earth.

3. How do astronauts keep their food from floating away?

- (a) They use special sticky plates.
- (b) They eat their food in a special room with gravity.
- (c) They use special pouches and containers.

4. How do astronauts drink in space?

- (a) They use regular cups and straws.
- (b) They drink from special pouches with straws.
- (c) They don't drink anything in space.

5. What is one way astronauts might prepare their food in space?

- (a) They cook it in a microwave oven.
- (b) They add hot water to dehydrated food.
- (c) They eat it frozen.