

Read the text and choose the correct word for each space. For each question circle A, B, C or D.

FOOD FOR ASTRONAUTS



It used to be thought that people could not swallow well in space, so the food (1) _____ for astronauts consisted of bite-sized pieces of food pushed out of tubes. But now it is (2) _____ that you can eat in space in the same way as on Earth.

The physical constraints lie in the body of the spaceship rather than the body of the astronaut. Limited storage and cooking facilities, with no space or power to (3) _____ for complex food preparation, mean that the (4) _____ for space nutritionists has gone beyond providing astronauts with food that is palatable and good for them. The solution has emerged in the (5) _____ of dehydrated foods. Simply add water to the freeze-dried granules and... *bon appétit!*

With space flights often (6) _____ more than a week, astronauts cannot live on granules alone. They also take pre-cooked meals (7) _____ in bags, which they (8) _____ up in a small oven. These are tastier than granules but, according to Dr Helen Lane, a research nutritionist, it is difficult to get astronauts to eat as much as they need. 'It's partly that they are so busy but also because there is no (9) _____ to eat.' So tickling their taste buds is an (10) _____ struggle, especially since one of the effects of zero gravity is to (11) _____ the sense of smell.

Weightlessness is an important (12) _____ in space food because of the danger that the food might (13) _____ and float off in different (14) _____. 'We need foods that coalesce,' says Dr Lane. 'Yoghurts, puddings, sauces all (15) _____ together in large droplets. Your spoon may float away, but the food will stay on it.'

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| 1. A) diets | B) routines | C) programmes | D) agendas |
| 2. A) expected | B) thought | C) revealed | D) known |
| 3. A) provide | B) give | C) make | D) spare |
| 4. A) opportunity | B) challenge | C) achievement | D) ambition |
| 5. A) type | B) way | C) form | D) order |
| 6. A) enduring | B) going | C) flying | D) lasting |
| 7. A) sealed | B) tied | C) locked | D) fixed |
| 8. A) cook | B) make | C) warm | D) serve |
| 9. A) stimulation | B) hunger | C) provocation | D) longing |
| 10. A) anxious | B) intense | C) uphill | D) impossible |
| 11. A) control | B) cut | C) reduce | D) stop |
| 12. A) consideration | B) thing | C) business | D) principle |
| 13. A) break | B) fragment | C) slip | D) drop |
| 14. A) pieces | B) ways | C) places | D) directions |
| 15. A) maintain | B) link | C) keep | D) hold |

Source: CAE Practice Tests Plus 1