Name:

Class:

CULTURAL AWARENESS

SPACE EXPLORATION

A DAY IN THE LIFE OF AN ASTRONAUT

speed of 28,000 km per hour, so it goes round the Earth 16 times a day!

Hi! I'm Serena Hughes and I'm an American astronaut on the International Space Station. This is my day.



8.00 am: I wake up to the sound of one of my favourite songs. Mission Control Center in Houston plays a different song for each crew member every morning!

8.15 AM: I get up and have a wash. We have to transport water from Earth to the space station. This means we can't have showers because they use too much water. If we use too much water for washing, we won't have enough to drink!

8.30 AM: I have breakfast with the rest of the crew. Today it's pancakes. Usually I love pancakes, but nothing tastes very nice in space!

9.00 AM: I try to 'fly' to my work station to switch on my computer. Everyone is weightless in space because there is no gravity, so moving around is difficult!

1.00 PM: It's lunchtime and I'm hungry! I'd love some fresh fruit, but it isn't allowed. If someone eats a banana, the whole space station will smell of bananas!

2.00 PM: Now it's time for some housework! In space, we have to take the rubbish out – just like we do at home! We load it into a spacecraft, which will take it down to Earth.

3.00 PM: I spend half an hour on the exercise bike. You don't use your muscles in space because everything is weightless. If I don't do daily exercise, my body will become very weak.

4.00 PM: I go to the laboratory to check on an experiment we're doing. We're trying to see if we can grow vegetables in space!

7.00 PM: I have dinner, then I send some emails to my friends and family on Earth. They'll worry about me if they don't hear from me!

10.00 PM: It's bedtime! I get into my sleeping bag and lie down in my little cabin. There will be another day in space tomorrow!

Word check

gravity housework muscles weightless sleeping bag

LISTEN TO AUDIO 2.19

2 - Read the blog post again. Then, answer the questions.

1 Why is it difficult to get from one place to another inside the space station?

Answer : _____

2 Where do astronauts send their rubbish?

Answer : _____

3 Why does Serena exercise?

Answer : _____

4 How does Serena communicate with people she knows on Earth?

Answer : _____

5 Where will people stay on a space station?

Answer : _____

LIVEWORKSHEETS

Unit 5: Let's Experiment
A DAY IN LIFE OF AN ASTRONAUT

Instruction(s): Match the words with their meanings.

1. Weightless
2. Allow
3. Load
4. Muscle
5. Daily
6. Weak
7. Laboratory
8. Grow
9. Spacecraft

- A burden
- A room for scientific research
- A vehicle that travel through space
- An organ composed of muscle tissue
- Lacking of ability
- Not being affected by gravity.
- That occurs every day
- To become bigger
- To let

LIVEWORKSHEETS LIVEWORKSHEETS

A DAY IN THE LIFE OF AN ASTRONAUT

PAGE 56 PULSE TEXTBOOK

Read the text on page 56 then answer the following questions.

1)What is the name of the astronaut?	Serena Hughes
2)Where does she work?	International Space Station
3) What time does she wake up?	8.00 a.m.
4)Why can't she have shower?	Because there is no gravity in space.
5) What time does she have breakfast?	1.00 p.m.
6)Why does everyone is weightless in space?	Because to avoid her body from becoming weak.
7) What time she have lunch?	Half an hour
8) How does she take the rubbish out?	She loads it into a spacecraft, then the spacecraft take it down to Earth.
9) How long does she spend on the exercise bike?	Half an hour
10)Why does she do daily exercise?	Because she does not want her family and friends worry about her.
11) Why does she send some emails to her family and friends on Earth?	A person who is trained to travel in a spacecraft.
12)How does she sleep in the space?	She gets into her sleeping bag and lies down in her little cabin.
13)What is an astronaut?	Because it uses too much water and she won't have enough to drink.

LIVEWORKSHEETS LIVEWORKSHEETS