

A Day in the Life of an Astronaut

Read and answer

Astronauts have a lot to do in space every day. They talk to Mission Control (מרכז בקרה המשימה) every morning to plan their day.

It is difficult (קשה) to walk in space so the astronauts need to do sports every two hours. It is important that they stay healthy in space.

Astronauts eat three meals every day. It is difficult to taste or smell food in space so it is impossible to enjoy meals. Astronauts don't eat fresh food. They heat their meals in a microwave (מיקרוגל).

Astronauts have free time in the evenings and on the weekends. They read their favorite books, watch movies and listen to music.

The astronauts talk to their husbands or wives and children once a week.

It is difficult to sleep in space. Astronauts have special sleeping bags and they sleep for about 6-8 hours. Their days are full and they are always very tired.

Write true or false

1. Astronauts don't have enough to do in space.
2. Astronauts talk to Mission Control every evening.
3. It isn't easy to walk in space.
4. Astronauts need to do sports to stay healthy.
5. Astronauts eat hot meals in space.
6. It isn't easy to sleep in space.
7. Astronauts are never tired.

Write the correct answers.

1. **Astronauts have free time ____.**
 - a. every morning
 - b. at night
 - c. in the evenings and on the weekends

2. Astronauts ____.

- a. eat fresh foo
- b. enjoy their meals
- c. don't enjoy the taste or smell of food

3. Astronauts sleep ____.

- a. in special bags
- b. in big beds
- c. all night

4. Astronauts speak to their husbands or wives and children ____.

- a. every day
- b. once a week
- c. once a day

Answer the questions.

1. Is it easy to live in space? YES/NO

Copy two sentences that helped you answer the question.

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2. What do astronauts do in their free time? Write two things.

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Translate the words

difficult	_____	important	_____	wives	_____
husband	_____	impossible	_____	space	_____
favorite	_____	weekend	_____	smell	_____