

ACTIVITY 1: SPACE-READY FOOD

Directions:

As you see each way food can be prepared, write down some foods you enjoy that could be eaten this way (keeping in mind the concerns of space travel).

Preparation Method	Foods I like that can be prepared this way
Intermediate Moisture Foods	
Rehydratable (Or Freeze-dried) Foods	
Natural Form Foods	
Thermostabilized Foods	

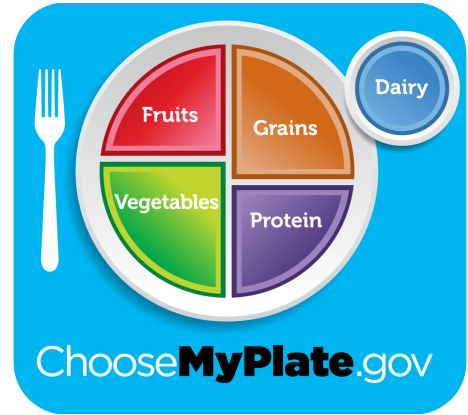
Are there any foods you enjoy that you don't think could be eaten in space? Why?

ACTIVITY 2: PLAN A BALANCED SPACE MEAL

Directions: Using the My Plate diagram as a guide, plan a balanced meal you would want to eat in space in the spaces provided below.

Preservation methods:

- T = Thermostabilized
- R= Rehydratable
- IM = Intermediate Moisture
- FD = Freeze-Dried
- NF = Natural Form
- B = Beverage (Rehydratable)



1. Look at the MyPlate diagram and think about a meal you would enjoy. What are some issues that could occur in space if you brought them up in their natural form?

2. What would you have to do to your meal to make it suitable for consumption in space?

Food Item	Preservation Method (Select from Preservation methods above)