

Create your own Space Dinner!

Food that is eaten in space is vacuum packed to preserve its nutrition.

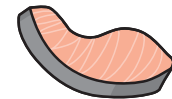
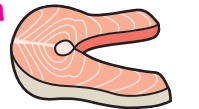
Draw your space dinner in the white boxes on the space plate.

Try to use at least one food from each of the food groups.

Fruit and **Vegetables** are a good source of **Vitamin C** and **Antioxidants** which are needed in space to protect their cells from the effects of radiation.



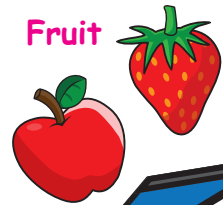
Fish



Meat



Fruit



Vegetables



Rice, grains and starch



Foods rich in **Calcium** are **dairy** products and **green leafy vegetables**.



Dairy



Foods rich in **Vitamin D** are oily fish (like salmon) and liver.



Vitamin D is known as the 'sunshine vitamin'.

Can you **SPOT 6 DIFFERENCES** in the pictures below of **CASSIE** eating her Space Dinner?



Space Nutrition Wordsearch

S	I	C	E	C	R	E	A	M	V	M
E	N	E	R	G	Y	C	R	E	I	I
L	U	A	A	V	D	O	O	F	T	C
B	T	G	S	R	C	S	C	N	A	R
A	R	A	P	T	T	R	K	I	M	O
T	I	L	C	O	R	H	E	B	I	W
E	T	A	M	I	N	O	T	K	N	A
G	I	X	F	L	A	U	N	C	H	V
E	O	Y	X	L	G	S	P	A	C	E
V	N	G	R	A	V	I	T	Y	U	L
E	H	B	R	E	A	K	F	A	S	T

Rocket
Nutrition
Astronaut
Vitamin
Earth

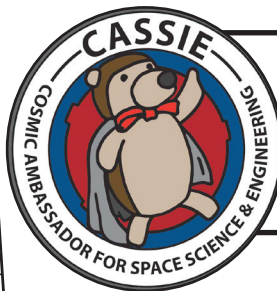
Breakfast
Energy
Gravity
Space
Galaxy

Ice Cream
Food
Launch
Vegetables
Microwave

Vitamin D is made by our body when our skin is exposed to sunshine. We need **Vitamin D** to help our body process **Calcium** which keeps our bones and teeth healthy.

Bone loss is a problem during long-duration spaceflights, so Astronauts need extra **Calcium** in their diets.

Astronauts take a **Vitamin D** food supplement because the sun is too strong for a human to be exposed to it in space.



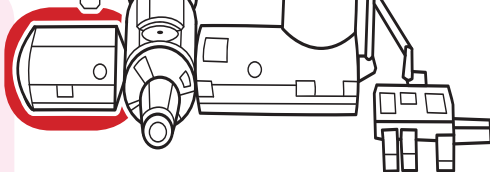
Hi! I'm CASSiE the Cosmic Hedgehog
I can help you to understand how and
why we are exploring space in the
International Space Station (ISS).

Can you
colour in this
picture of the
International
Space Station
for me?

DID YOU KNOW?

Northern Ireland
is developing world
leading space
products, research
and services?

This is the
Columbus
Module,
which is the
European
Laboratory



YOU ARE HERE



The International
Space Station (ISS) is
a Science Laboratory
orbiting the Earth at over
330km above your head.

The ISS helps us
understand what
life is like in an
alien (non-Earthly)
environment.



From Earth the ISS
looks like a very bright,
fast-moving star
arching across the sky.



DID YOU KNOW?



Major Tim Peake

will be the first
British European Space
Agency (ESA) Astronaut
to visit the ISS.
He is due to launch from
the Russian Launchpad at
Baikonaur on
15th December 2015.

In association with:



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