

Nutrition in Space (continued)

Student Worksheet

Section II: A Balanced Diet

Visit the correct website and find out how many servings of each food group are required.

Food Group	Number of Servings
Bread	
Vegetable	
Fruit	
Meat	
Milk	
Fats	

Section III: Perfect Picks

Use the menu chart below and the websites to plan a balanced diet for an astronaut for three days.

Day 1	Day 2	Day 3
Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch
Dinner	Dinner	Dinner
Snack	Snack	Snack