# **Nutrition in Space**

### **Student Worksheet**

# Read the following

Follow the following procedures.

#### **Procedures**

- 1. Go to www.spacelink.nasa.gov.
- 2. In **The Library** section, click on <u>Instructional Materials</u>.
- 3. Click on On-Line Educational Activities.
- 4. Select *Planning the Perfect Menu* and click.
- 5. Complete the following sections using the information on your screen.

# **Section I: Galley Tour**

Record the list of words in the lines below. Visit both web links to find the correct descriptions and record them below.

Word	<b>Brief Description</b>

# **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