



HEALTHY MEALS IN MICROGRAVITY

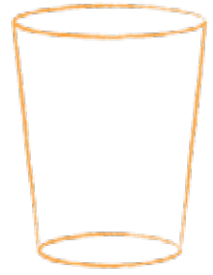
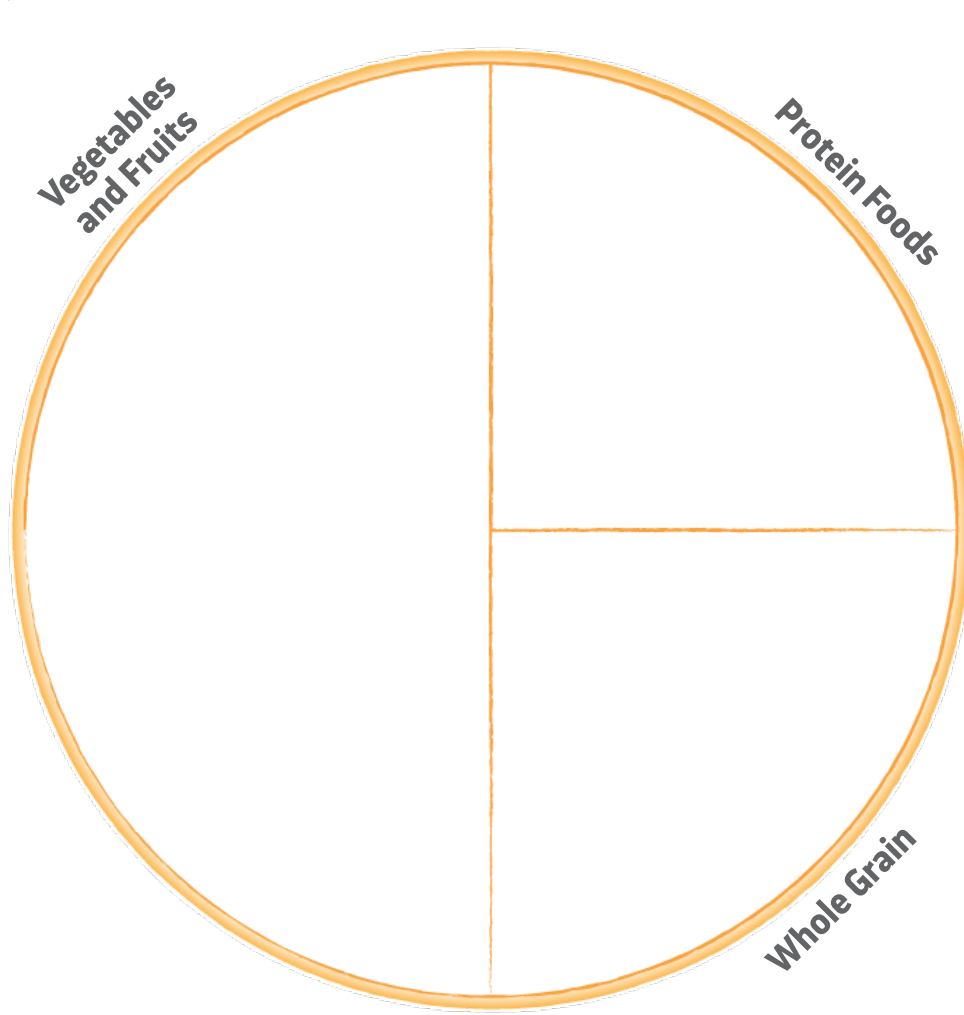


ACTIVITY: PLAN A MEAL FOR AN ASTRONAUT LIVING ON THE INTERNATIONAL SPACE STATION (ISS)

NAME: _____

Choose items from the **Foods Available on the ISS** to create a meal that follows Canada's Food Guide. Write or draw the foods/items onto the plate. Answer the questions below.

MEAL: _____



_____ cup(s)
 of _____

1. Which food items from the "Foods Available on the ISS" best fit with Canada's Food Guide? Why?

2. Which food items on the list should astronauts consume less often? Why?

3. Select three food items from the list that should be consumed less often. Describe how you could change the food item to make it healthier.

4. What other items would you add to the space food menu so astronauts can enjoy more meals that meet Canada's Food Guide recommendations?



FOODS AVAILABLE ON THE ISS

Below are some of the foods on the ISS's permanent menu and some speciality Canadian items.

Protein Items	Amount
Almonds	1 pack
Baked beans	1 pack
Baked tofu	1 pack
Barbecued beef brisket	1 pack
Beef stew	1 pack
Black beans	1 pack
Blueberry raspberry yogurt	1 pack
Breakfast sausage links	1 pack
Crab pâté	1 can
Lobster pâté	1 can
Maple glazed salmon	1 pack
Meatloaf	1 pack
Mocha yogurt	1 pack
Sausage patty	1 pack
Scrambled eggs	1 pack
Smoked salmon pâté	1 can
Smoked sockeye salmon	1 pack

Grain Items	Amount
Brown rice	1 pack
Granola	1 pack
Grits with butter	1 pack
Pasta with pesto	1 pack
Rice pilaf	1 pack
Tortillas	1 pack
Waffles	1 pack
Wheat flat bread	1 pack
Wild rice salad	1 pack
Whole grain wheat crackers	1 pack

Fruit and Vegetable Items	Amount
Applesauce	1 pack
Asparagus	1 pack
Carrot coins	1 pack
Cauliflower with cheese	1 pack
Creamed spinach	1 pack
Dehydrated red peppers	1 pack
Green beans & mushrooms	1 pack
Mixed vegetables	1 pack
Peaches	1 pack
Pears	1 pack

Meal or Combo Items	Amount
Bison chili	1 pack
Cornflakes with milk	1 pack
Lasagna with meat	1 pack
Lentil soup	1 pack
Macaroni and cheese	1 pack
Mushroom and cheese risotto	1 pack
Oatmeal with apples and cinnamon	1 pack
Quinoa vegetable salad	1 pack
Shrimp curry with rice	1 pack
Split pea soup	1 pack
Tuna noodle casserole	1 pack
Vegetable quiche	1 pack
Vegetarian chili	1 pack

Other Items	Amount
Banana pudding	1 pack
Chia pudding	1 pack
Granola bar	1 bar

