



SOARING IN SPACE WITH CANADA'S FOOD GUIDE



ACTIVITY 2 INSTRUCTIONS

1. Place all cards on the table and separate into **A** pile and **B** pile.
2. Shuffle each pile.
3. Place all **B** cards on the table so you can see them.
4. Match **A** cards with **B** cards.

There can be multiple **B** cards matched with an **A** card.

There is one **A** card which does not match a **B** card:

“Be aware of food marketing.” This card does not have a match because when living on the ISS, astronauts are not exposed to food marketing which could affect their food decisions. Although astronauts on the ISS have access to podcasts, movies, pictures, music, news and weather, the advertisements and commercials are removed.

After the activity, you may ask the following discussion questions:

- What did you learn while doing this activity?
- Were there cards that were difficult to match? If so, why?
- Was there an A card that had no matches? If so, why do you think that was?



A



Be mindful of your eating habits

A



Cook more often

A



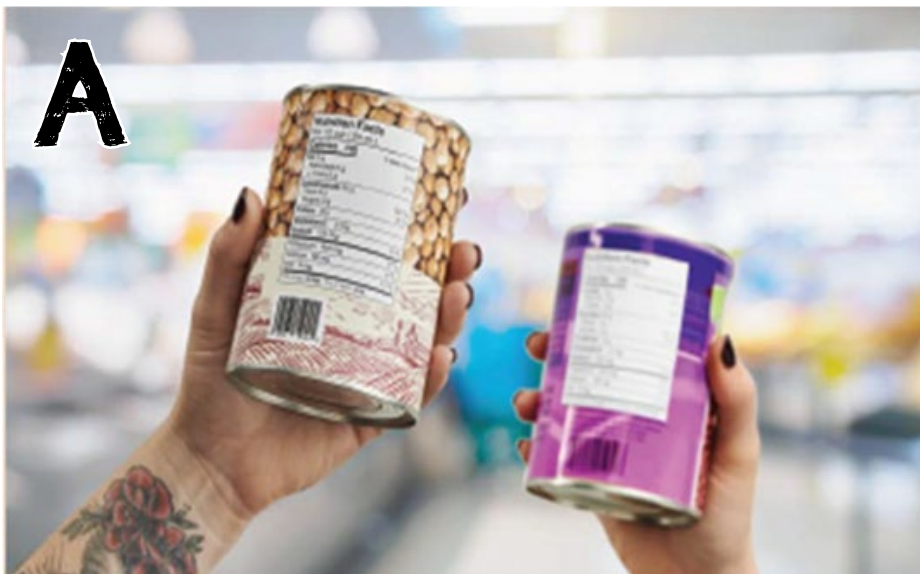
Eat meals with others

A



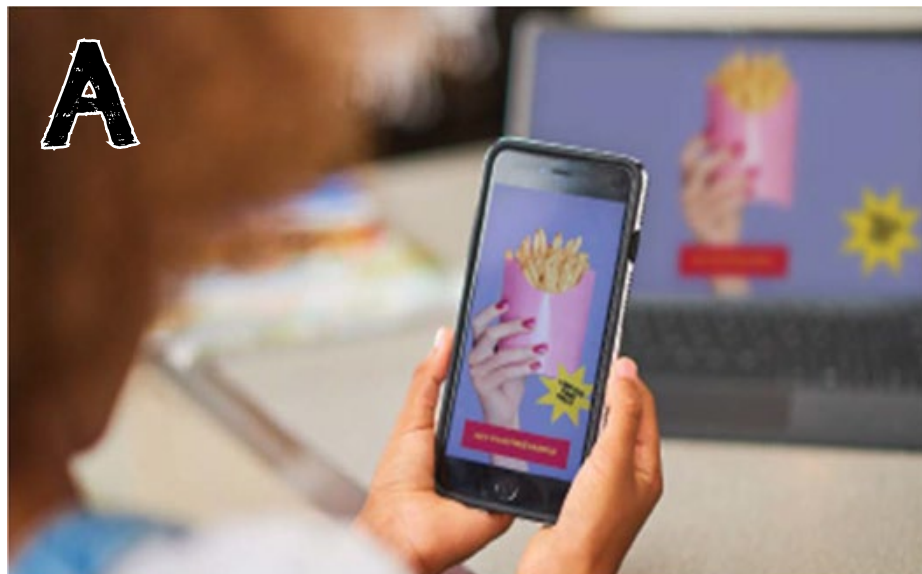
Enjoy your food

A



Use food labels

A



Be aware of food marketing

A



Choose healthy snack foods

A



**Limit foods high in sodium,
sugars or saturated fats**



Plan meals and snacks



Eat without distractions



Canadian Space Agency astronaut David Saint-Jacques eating with NASA astronaut Anne McClain. Credit: NASA



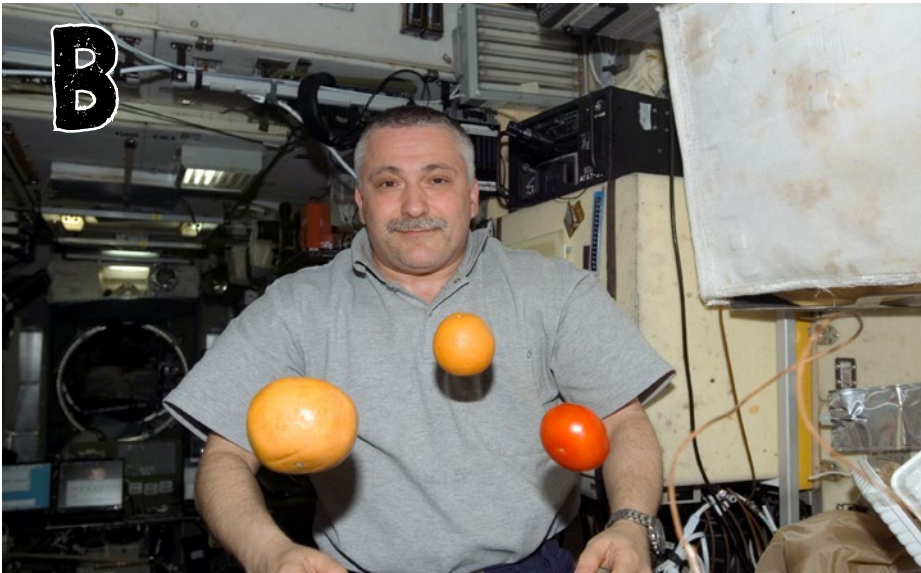
NASA astronaut Drew Feustel preparing waffles on the ISS. Credit: NASA



Space foods can be packaged in different ways which allows astronauts to enjoy a variety of food textures. They have rehydratable foods, canned foods, and natural form foods. Credit: NASA



Not all of the food on the ISS is healthy. Astronauts sometimes enjoy cookies and other treats too! Credit: NASA



Fresh fruits and vegetables get flown to the ISS every once in a while! Pictured is cosmonaut Fyodor N. Yurchikhin with fresh fruit. Credit: NASA

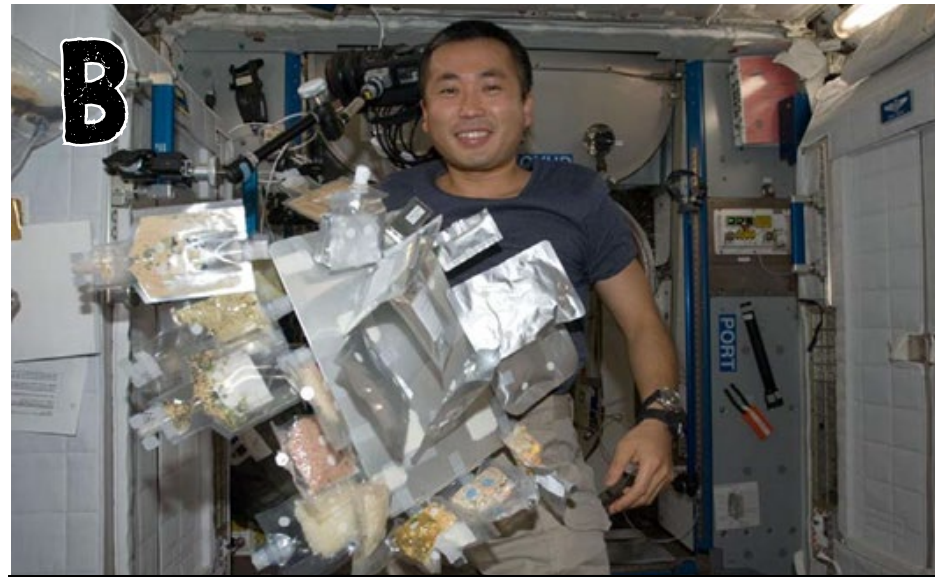


Astronauts can rehydrate healthy vegetables such as the asparagus in the picture. Also, they can add flavour to the dish by using garlic in a tube. Credit: NASA



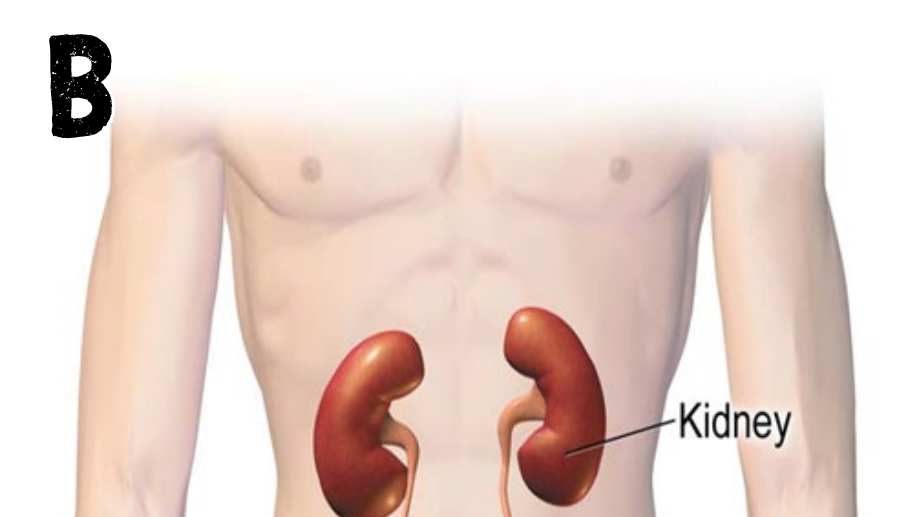
B

Astronauts may need to plan their meals ahead of time so they can spend more time eating their meals instead of searching for food items. Credit: NASA



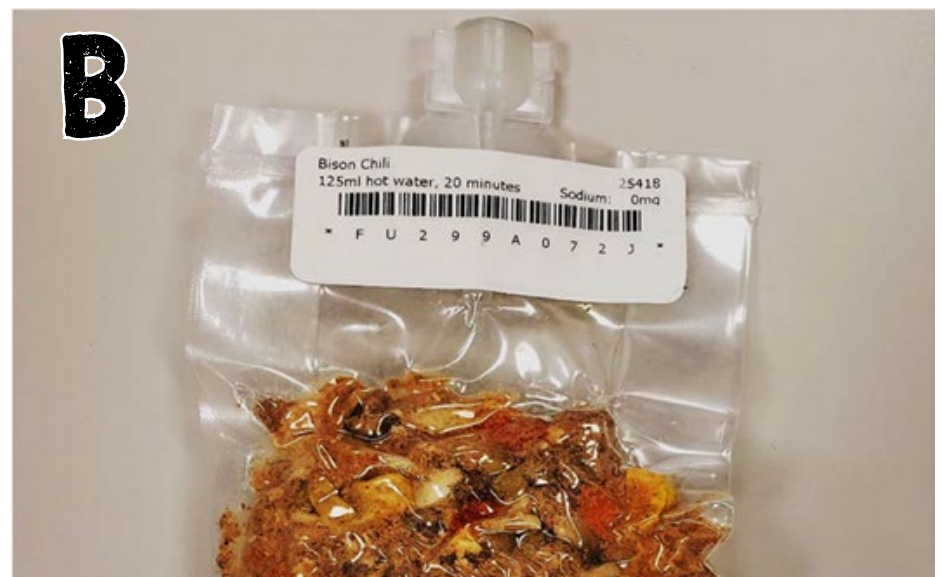
B

Foods sent to the ISS are planned months to a year or more in advance. A lot of evaluations, testing, and planning goes into space food! Credit: NASA



B

High salt intake is bad for the kidneys and could give astronauts kidney stones. Foods on the ISS must contain low amounts of salt.



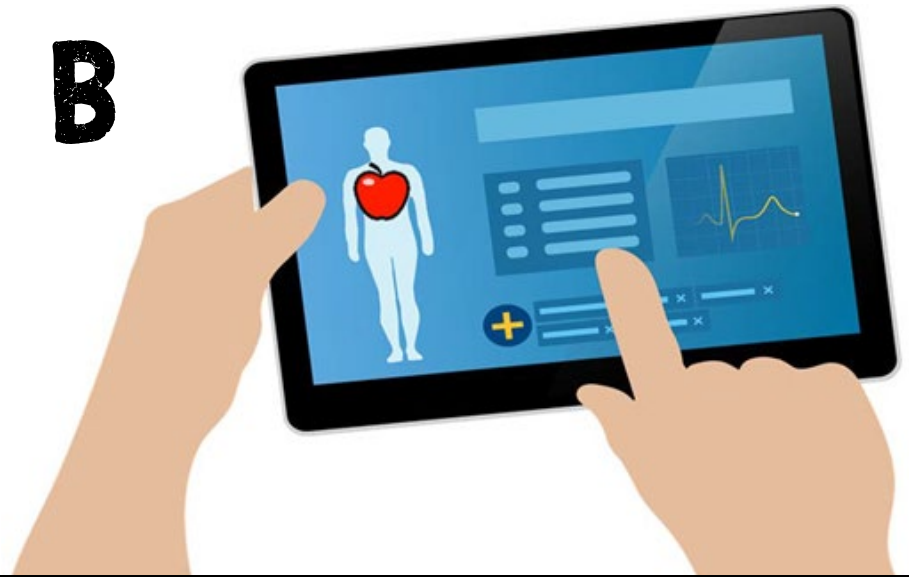
B

Astronauts read the food label to correctly rehydrate their dehydrated meals. Credit: Canadian Space Agency



B

Canadian Space Agency astronaut David Saint-Jacques is very busy on the ISS but has a one-hour lunch break in his schedule to make sure he has time to eat! Credit: NASA



B

Astronauts record the foods they eat on a tablet app and also complete food frequency questionnaires so the space dietitian and space doctors know what they are eating.



B

Former Canadian Space Agency astronaut Chris Hadfield plays with water on the ISS. Credit: NASA



B

Astronauts consume more heart-healthy (unsaturated) fats and consume less saturated fats.