SPACE FOOD AND NUTRITION
An Educator’s Guide With Activities in Science and Mathematics
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SPACE FOOD AND NUTRITION

An Educator’s Guide
With Activities in Science and Mathematics

National Aeronautics and Space Administration

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Space Food and Nutrition
An Educator’s Guide With Activities in Science and Mathematics

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## National Science Education Standards

### National Science Education Standards
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### Science as Inquiry
- Abilities necessary to do scientific inquiry
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- Food Selection
- Planning and Serving Food
- Classifying Space Food
- Fruits and Vegetables
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- Dehydrating Food for Space Flight

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- Mold Growth
- How Much

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### National Mathematic Standards

#### Activity Matrix

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From John Glenn's mission to orbit Earth to the International Space Station program, space food research has met the challenge of providing food that tastes good and travels well in space. To better understand this process, we can look back through history. Explorers have always had to face the problem of how to carry enough food for their journeys. Whether those explorers are onboard a sailing ship or on the Space Shuttle, adequate storage space has been a problem. Food needs to remain edible throughout the voyage, and it also needs to provide all the nutrients required to avoid vitamin-deficiency diseases such as scurvy.

Early in history, humans discovered that food would remain edible longer if it were dried and stored in a cool dry place until it was time to be consumed. Early food dehydration was achieved by cutting meat, fish, and certain fruits into thin strips and drying them in sunlight. Rubbing food with salt or soaking it in salt water, an early form of curing food, also helped preserve it. Later techniques were developed for cooking, processing, preserving, and storing food in sealed containers. With the developments of pasteurization and canning, a much larger variety of foods could be stored and carried on long journeys. More recently, refrigeration and quick-freezing have been used to help preserve food flavor and nutrients and prevent spoilage.

While these forms of packaged food products are fine for travel on Earth, they are not always suitable for use on space flights. There are limitations to weight and volume when traveling and the microgravity conditions experienced in space also affect the food packaging. Currently, there is limited storage space and no refrigeration. To meet these challenges, special procedures for the preparation, packaging, and storing of food for space flight were developed.
In the early days of the space program, known as Project Mercury, space flights lasted from a few minutes to a full day. Because of the short duration, complete meals were not needed. The major meal was consumed prior to the flight. However, the Mercury astronauts did contribute to the development of space food. They tested the physiology of chewing, drinking, and swallowing solid and liquid foods in a microgravity environment. These first astronauts found themselves eating bite-sized cubes, freeze-dried foods, and semi-liquids in aluminum toothpaste-type tubes. The food was unappetizing, and there were problems when they tried to rehydrate the freeze-dried foods.

The tube foods offered many challenges to food development. First, a method of removing the food from the tube was needed. A small straw was placed into the opening. This allowed the astronauts to squeeze the contents from the tube directly into their mouths. This is similar to drinking your favorite soda from a straw, except that the food was a thicker substance. Special materials were developed to coat the inner surface of the aluminum tubes to prevent the formation of hydrogen gas as a result of contact between metal and the acids contained in some foods, such as applesauce. This aluminum tube packaging often weighed more than the food it contained. Because of this, a lightweight plastic container was developed for future flights.

During the later Mercury test flights, bite-sized foods were developed and tested. These were solid foods processed in the form of compressed, dehydrated bite-sized cubes. The cubes could be rehydrated by saliva secreted in the mouth as food was chewed. Foods floating about in a microgravity environment could damage equipment or be inhaled; therefore, the cubes were coated with an edible gelatin to reduce crumbling. These foods were vacuum-packed into individual serving-sized containers of clear, four-ply, laminated plastic film for storage. This packaging also provided protection against moisture, loss of flavor, and spoilage.

**Early Project Mercury flight food: food tube and dry bite-sized snacks with a gelatin coating, which was necessary to control crumbling.**

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**Mercury**

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The major advancements in food items during the Gemini period were more variety and improved packaging. The dehydration process provided foods that were similar in appearance including color, taste, shape, and texture to freshly prepared food products. Some examples of the food flown on Gemini missions included grape and orange drinks, cinnamon toasted bread cubes, fruit cocktail, chocolate cubes, turkey bites, applesauce, cream of chicken soup, shrimp cocktail, beef stew, chicken and rice, and turkey and gravy.

Dehydration occurs naturally in warm climates, and in cold climates, it is called freeze drying. Freeze-drying techniques in the space program consist of slicing, dicing, or liquefying prepared food to reduce preparation time. After the food has been cooked or processed, it is quick-frozen, then placed on drying trays and put into a vacuum chamber where the air pressure is reduced. Heat is then applied through heating plates. Under these conditions of reduced pressure and increased temperature, the ice crystals in the frozen food boil off, and the water vapor that is left is condensed back to ice on cold plates in the vacuum chamber. Because water is the only thing removed in this process, the freeze-dried food has all the essential oils and flavors. The texture is porous and can be easily rehydrated with water for eating.

To rehydrate food, water was injected into the package through the nozzle of a water gun. The other end of the package had an opening in which the food could be squeezed out of the package into the astronaut's mouth. Because of the size of the opening, food particle size was limited. After the meal had been completed, germicidal tablets were placed inside the empty package to inhibit microbial growth on any leftovers.

The advantages of freeze-dried foods were paramount in their development. The food is lightweight because the water has been removed. The food has a longer shelf life and can be stored at room temperature. The food also has flavors and textures more closely resembling that of the original fresh food items.

Adequate nutrient intake became a health concern with extended space flights in the Gemini program. Each crew member was supplied with 0.58 kilograms of food per day. These included dehydrated juices, freeze-dried and dehydrated foods, and compressed, noncrumbling, bite-sized foods. These made up the three meals a day that the astronauts ate. Meals were planned in advance, and the menu was repeated every 4 days.
The preparation, handling, and consumption of space foods during the Mercury and Gemini missions provided valuable experience for the further development of space foods for future space flights. The Apollo program used food packages similar to those used on Gemini, but the variety of foods was considerably greater. Rehydratable food was encased in a plastic container referred to as the spoon bowl. Water was injected into the package through the nozzle of a water gun. After the food was rehydrated, a pressure-type plastic zipper was opened, and the food was removed with a spoon. The moisture content allowed the food to cling to the spoon, making eating more like that on Earth.

Another new package, the wetpack or thermostabilized flexible pouch, required no water for rehydration because water content was retained in the food. There were two types of thermostabilized containers: a flexible pouch of a plastic and aluminum foil laminate and a can with a full panel pullout lid. A disadvantage to the canned products was the added weight, which was approximately four times that of rehydratable foods. With these new packages, Apollo astronauts could see and smell what they were eating as well as eat with a spoon for the first time in space. This added enjoyment to the meals, which was missing in the earlier packages and products. The storage space for the new packaging allowed for one week’s worth of rations for one astronaut to fit in a pressure-resistant container the size of three shoe boxes.

The Apollo missions to the Moon presented an enormous challenge to space food. The Mercury feeding tube was reintroduced as a backup food system. It contained a special formulation rather than the natural food purees used during Mercury. On Apollo flights, foods and drinks were reconstituted with either hot or ambient (room temperature) water. Some of the foods consumed on Apollo were coffee, bacon squares, cornflakes, scrambled eggs, cheese crackers, beef sandwiches, chocolate pudding, tuna salad, peanut butter, beef pot roast, spaghetti, and frankfurters.

Visit http://spacelink.nasa.gov/space.food to see and download the Apollo Food List.
The dining experience on Skylab was unlike any other space flight. The Skylab laboratory had a freezer, refrigerator, warming trays, and a table. Eating a meal on Skylab was more like eating a meal at home. The major difference was the microgravity environment.

The supply of food onboard was sufficient to feed three astronauts for approximately 112 days. The menu was designed to meet each individual astronaut's daily nutritional requirements based on age, body weight, and anticipated activity. Each astronaut's caloric intake was 2,800 calories a day. These nutritional requirements were part of the life science experiments conducted on Skylab.

Skylab foods were packaged in specialized containers. The rehydratable beverages were packaged in a collapsible accordion-like beverage dispenser. All other foods were packaged in aluminum cans of various sizes or rehydratable packages.

To prepare meals, the Skylab crew placed desired food packages into the food warmer tray. This was the first device capable of heating foods (by means of conduction) during space flight. Foods consisted of products such as ham, chili, mashed potatoes, ice cream, steak, and asparagus.

Visit http://spacelink.nasa.gov/space.food to see and download the Skylab Food List.
American astronauts on the Apollo-Soyuz Test Project were provided meals similar to those consumed on Apollo and Skylab flights. Russian meals were composed of foods packaged in metal cans and aluminum tubes. Their spacecraft had a small heating unit onboard, and individual menus were selected for each cosmonaut. In general, a meal consisted of meat or meat paste, bread, cheese, soup, dried fruit and nuts, coffee, and cake.
For the Space Shuttle program, a more Earth-like feeding approach was designed by updating previous food package designs and hardware items. Food variety expanded to 74 different kinds of food and 20 kinds of beverages. The changes were driven by the relatively large crews and regularly scheduled space flights. A standard Shuttle menu is designed around a typical 7-day Shuttle mission. Astronauts may substitute items from the approved food list to accommodate their own tastes or even design their own menus, but these astronaut-designed menus are checked by dietitians to ensure that they provide a balanced supply of nutrients.

On the Shuttle, food is prepared at a galley installed in the orbiter’s middeck. This modular unit contains a water dispenser and an oven. The water dispenser which can dispense hot, chilled, or ambient water is used for rehydrating foods, and the galley oven is used to warm foods to the proper serving temperature. The oven is a forced-air convection oven and heats food in containers different in size, shape, and material. A full meal for a crew of four can be set up in about 5 minutes. Reconstituting and heating the food takes an additional 20—30 minutes. A meal tray is used as a dinner plate. The tray attaches to the astronaut’s lap by a strap or can be attached to the wall. Eating utensils consist of a knife, a fork, a spoon, and a pair of scissors to open food packages. Many astronauts will tell you that one of the most important things they carry in their pockets is a pair of scissors. They could not eat without them!

Weight and volume issues have always driven the design of any hardware to be taken into space. Food and beverage packaging is no exception. As Shuttle mission length increased, certain food and beverage packages required modification. Rigid square rehydratable packages were being used but proved cumbersome and problematic on longer missions. Packages made of a lighter flexible material were developed and first tested on STS-44 (1991). These Extended Duration Orbiter (EDO) packages are made of flexible plastic and have a valve for inserting water. These eventually replaced the rigid square rehydratable packages on a permanent basis. In addition, a trash compactor was developed to reduce the volume of the trash, and the new packages were designed to be compatible with the compactor.

Visit http://spacelink.nasa.gov/space.food to see and download the Space Shuttle Food List and Shuttle Standard Menu.
The International Space Station (ISS) will become operational on a full-time basis with a crew of three. Later, the crew size will grow to a maximum of seven people. The crew will reside in the Habitation Module (HAB). Food and other supplies will be resupplied every 90 days by the Multi-Purpose Logistics Module (MPLM). The MPLM is a pressurized module carried in the Space Shuttle payload bay that is used to transport materials and supplies. The food system described here is for the completed ISS and will be considerably different from the Space Shuttle food system. But until 2004 when the HAB module is launched, ISS residents will utilize a joint U.S.-Russian food (Shuttle-Mir) system.

The fuel cells, which provide electrical power for the Space Shuttle, produce water as a byproduct, which is then used for food preparation and drinking. However, on the ISS, the electrical power will be produced by solar arrays. This power system does not produce water. Water will be recycled from a variety of sources, but that will not be enough for use in the food system. Therefore, most of the food planned for the ISS will be frozen, refrigerated, or thermostabilized (heat processed, canned, and stored at room temperature) and will not require the addition of water before consumption. Although many of the beverages will be in the dehydrated form, concentrated fruit juices will be added to the beverages offered and will be stored in the onboard refrigerator.

Similar to the Space Shuttle, the ISS beverage package is made from a foil and plastic laminate to provide for a longer product shelf life. An adapter located on the package will connect with the galley, or kitchen area, so that water may be dispensed into the package. This water will mix with the drink powder already in the package. The adapter used to add water also holds the drinking straw for the astronauts. The food package is made from a microwaveable material. The top of the package is cut off with a pair of scissors, and the contents are eaten with a fork or spoon.

Visit [http://spacelink.nasa.gov/space.food](http://spacelink.nasa.gov/space.food) to see and download the ISS Food List.
The kinds of food the astronauts eat are not mysterious concoctions but foods prepared here on Earth, with many commercially available on grocery store shelves. Diets are designed to supply each crew member with all the recommended dietary allowances of vitamins and minerals necessary to perform in the environment of space.

Foods flown in space are researched and developed in the Foods Systems Engineering Facility at NASA Johnson Space Center in Houston, Texas. Foods are tested for nutritional value, how well they freeze dry, the storage and packaging process, and of course taste. Astronauts are asked to taste test food items. They use a simple form to rate the products on such things as appearance, color, odor, flavor, and texture. These components are rated using a numbering system. The Food Systems Engineering Facility uses the astronauts’ ratings to help design better space food.

Astronauts select their menu about 5 months before they fly. For the ISS, they will choose 30-day flight menus. Crew members will store the food in the galley onboard the Station.

The astronauts will use a special tray on the ISS to hold their food during preparation and eating. Because everything drifts in a microgravity environment, utensils and food containers need to be held in place. Food trays will be designed on the basis of the food packages that will be used on the ISS. These trays will be different from those used on the Space Shuttle because the ISS will have a table available; the Space Shuttle does not. The ISS tray will attach to the table.

From the beginning of human space travel, food has been an important feature that has involved astronauts, technicians, and engineers. Because food is an important part of life, it is imperative that the space food system is the best it can be. Astronauts on the ISS cannot get into a car and go down to the local grocery store if they do not like what is for dinner. The supply of food must be nourishing and tasty so astronauts maintain their health during their important stays in space.
Types of Space Food

There are eight categories of space food:

Rehydratable Food: The water is removed from rehydratable foods to make them easier to store. This process of dehydration (also known as freeze drying) is described in the earlier Gemini section. Water is replaced in the foods before they are eaten. Rehydratable items include beverages as well as food items. Hot cereal such as oatmeal is a rehydratable food.

Thermostabilized Food: Thermostabilized foods are heat processed so they can be stored at room temperature. Most of the fruits and fish (tuna fish) are thermostabilized in cans. The cans open with easy-open pull tabs similar to fruit cups that can be purchased in the local grocery store. Puddings are packaged in plastic cups.

Intermediate Moisture Food: Intermediate moisture foods are preserved by taking some water out of the product while leaving enough in to maintain the soft texture. This way, it can be eaten without any preparation. These foods include dried peaches, pears, apricots, and beef jerky.

Natural Form Food: These foods are ready to eat and are packaged in flexible pouches. Examples include nuts, granola bars, and cookies.

Irradiated Food: Beef steak and smoked turkey are the only irradiated products being used at this time. These products are cooked and packaged in flexible foil pouches and sterilized by ionizing radiation so they can be kept at room temperature. Other irradiated products are being developed for the ISS.

Frozen Food: These foods are quick frozen to prevent a buildup of large ice crystals. This maintains the original texture of the food and helps it taste fresh. Examples include quiches, casseroles, and chicken pot pie.

Fresh Food: These foods are neither processed nor artificially preserved. Examples include apples and bananas.

Refrigerated Food: These foods require cold or cool temperatures to prevent spoilage. Examples include cream cheese and sour cream.
Microgravity

Food and how it is eaten and packaged have been greatly affected by the unique microgravity environment of space. A microgravity environment is one in which gravity’s effects are greatly reduced. Microgravity occurs when a spacecraft orbits Earth. The spacecraft and all its contents are in a state of free-fall. This is why a handful of candy seems to float through the Space Shuttle when it is released. The candy does not drop to the floor of the Shuttle because the floor is falling, too.

Because of this phenomenon, foods are packaged and served to prevent food from moving about the Space Shuttle or ISS. Crumbs and liquids could damage equipment or be inhaled. Many of the foods are packaged with liquids. Liquids hold foods together and, freed from containers, cling to themselves in large drops because of cohesion. It is similar to a drop of water on a piece of wax paper. The only difference is that this drop of water is moving about the microgravity environment of the Space Shuttle. Special straws are used for drinking the liquids. They have clamps that can be closed to prevent the liquids from creeping out by the processes of capillary action and surface tension when not being consumed.

Microgravity also causes the utensils used for dining to float away. The knife, fork, spoon, and scissors are secured to magnets on the food tray when they are not being used. The effects of microgravity have had an enormous impact on the development of space food packaging, food selection, and related food system requirements.

Astronaut Loren J. Shriver aboard STS-46 pursues several floating chocolate candies on the flight deck. Shriver is wearing a headset for communication with ground controllers.
1. Shuttle galley.
2. Shuttle food tray top view.
3. Shuttle food tray bottom view, strap closed.
4. Shuttle food tray bottom view, strap open.
5. Shuttle rehydratable container components.
6. Shuttle stowage tray. Space Shuttle food is stowed in labeled pullout drawers in the middeck. Drawer contents are covered with a mesh, which allows top viewing of the drawer contents.
7. Shuttle galley. The Shuttle food galley consists of two parts: forced air convection oven and a rehydration station where hot, cold, or ambient temperature water can be dispensed.
8. Shuttle beverage packaging components.
9. Shuttle rehydratable food package. Top and bottom view of broccoli au gratin. Label shows name, preparation, and batch number. Bottom has Velcro for attachment to the Shuttle food tray.
10. Shuttle beverage containers.
11. Astronaut Dr. Franklin R. Chang-Diaz prepares a tortilla at the Shuttle food galley.
Classroom Activities

These activities emphasize hands-on and cooperative involvement of students. Whenever possible, they make use of inexpensive and easily obtainable materials and tools.

Activities for Grades K–4

Activity 1: Food Preparation for Space
Activity 2: Food Selection
Activity 3: Planning and Serving Food

Activities for Grades 5–8

Activity 4: Classifying Space Food
Activity 5: Ripening of Fruits and Vegetables
Activity 6: Mold Growth
Activity 7: How Much Is Waste?
Activity 8: Dehydrating Food for Space Flight
Activity 1:
Food Preparation for Space

Objective
The students will measure the proper amounts and mix ingredients of rehydratable foods and drinks.

Science Standards
• Science as Inquiry: Abilities necessary to do scientific inquiry
• Life Science: Matter, energy, and organization in living systems
• Science in Personal and Social Perspectives: Personal health

Mathematics Standard
• Computation
• Measurement

Helpful Hints
Have students work in groups of four. For younger elementary students, the ingredients can be premeasured or the amounts can already be determined.

Nonfat dry milk does not have the thickness of whole milk, which is usually used for instant pudding. Suggest to students that they add water in increments, mix, and repeat this process until the desired consistency is achieved. (This may mean that as little as half of the suggested amount of water is needed.)

Materials Needed Per Group
1 package instant pudding mix
1 package instant drink crystals
Sugar
Artificial sweetener
Nonfat dry milk
Water
Straws
Plastic spoons
Plastic zip-locking sandwich bags

Background
Travelers have known for a long time that condensing food will make their journey easier. It is no different in the space program. Hikers use rehydratable foods so they do not have to carry very much weight with them. This makes it easier to travel. All weight going into space raises the fuel consumption at liftoff. It is important to eliminate as much weight as possible. Because the fuel cells on the Space Shuttle produce water as a byproduct, water is easily attainable. Therefore, taking foods along that can be rehydrated with this water make sense because this reduces the amount of weight on liftoff. The rehydrated foods also take up much less space, and space is a valuable commodity onboard the Space Shuttle.

Procedure for Rehydratable Food
Read the recipe label on the instant pudding. Calculate the amount of dry mix ingredients necessary for a single serving (weight × number in group). The recipe for instant pudding calls for low-fat milk. Record the amount necessary for a single serving. Read the recipe label on the nonfat dry milk package, and calculate the amount necessary for a single serving of instant pudding (amount × number in group). Measure the dry instant pudding ingredient and the proper amount of nonfat dry milk, and place both into a zip-locking bag. Shake and stir the dry ingredients until thoroughly mixed. Pour the correct amount of water necessary to dissolve the mixture. Close the zip-locking bag, and knead the package in your hands until thoroughly mixed.

Procedure for Rehydratable Beverage
Read the recipe label on the instant drink package. Calculate the amount of dry mix ingredients necessary for a single serving (amount × number of single servings). Measure the dry ingredient, and place into a zip-locking sandwich bag. Calculate the amount of water necessary for a single serving (amount × number of single servings). Measure the amount of water, and pour into the zip-locking bag. Close the zip-locking bag, and knead the package with your hands until thoroughly mixed. Calculate the amount of sugar or artificial sweetener for an individual serving and add.
**Discussion**

1. What changes did you observe?
2. Would the temperature of the water make a difference?
3. Why did you use a zip-locking bag as opposed to a bowl?
4. How would being in space affect the way you eat and prepare food?

**Extensions**

1. Have the students work together in groups to calculate the amount of dry and liquid ingredients to make equal servings for the group.
2. Are the steps listed on the package the only possible way for proper preparation? Have the students develop an alternative way of mixing dry and liquid amounts. Compare the results with the method given on the box label.
3. The recipe suggests chilling before serving. How can you eliminate refrigeration and still be able to serve it cold?
4. Use discussion questions for journal-writing topics.
5. Design a space food packaging label. Prepare a package label to include the following information: item name, manufactured date, instructions for preparing the item in space (if needed), a bar code for computerized inventory or conducting nutritional studies, and an expiration date. Labels include colored dots for crew member identification purposes:

   **Color Dot Standards Table**
   - **Red**: Commander
   - **Yellow**: Pilot
   - **Blue**: Mission Specialist 1
   - **Green**: Mission Specialist 2
   - **Orange**: Mission Specialist 3
   - **Purple**: Mission Specialist 4 or Payload Specialist 1
   - **Brown**: Mission Specialist 5 or Payload Specialist 1

Labels also include the amount of water to rehydrate foods and the time and temperature needed to make it the best possible meal.

Lastly, place a Velcro dot on the package for attachment in microgravity. The Velcro hooks should be on the opposite side of the food package label.

**Assessment**

Have the students write procedures to make a rehydratable food and drink.

**Food for Thought!**

Pure orange juice or whole milk cannot be dehydrated. Orange drink crystals, when rehydrated, just make orange rocks in water. There is a freeze-dried orange juice, but it is difficult to rehydrate. Still, some astronauts request it. Whole milk does not dissolve properly. It floats around in lumps and has a disagreeable taste. Nonfat dry milk must be used in space packaging. During the 1960s, General Foods developed a synthetic orange-flavored juice called Tang, which can be used in place of orange juice. Today, this product is available in several different flavors.
Activity 2: Food Selection

Objective
The students will determine the acceptability of food products for space flight by participating in a sensory taste panel.

Science Standards
• Science as Inquiry: Abilities necessary to do scientific inquiry
• Life Science: Matter, energy, and organization in living systems
• Science in Personal and Social Perspectives: Personal health
• Physical Science: Properties of objects and materials

Mathematics Standard
• Computation

Helpful Hints
1. If a food is disliked, delete that item from the list.
2. Students should not discuss the foods with group members while tasting the foods. Students should do their own evaluations and then compare.
3. If necessary, use water and crackers between samples to remove prior tastes.
4. Many of these foods can be found at the local grocery store.

Materials Needed
Tray
Paper plates
Food samples (from menu list in appendix)
Drink samples (from menu list in appendix)
Water
Crackers
Taste Panel Evaluation Form
Taste Panel Procedure and Descriptive Comments Form

Background
Astronauts select their menu for space about 5 months before they fly. For the Space Shuttle, they select a menu that will serve them through the duration of their flight. For the ISS, they will choose a 30-day flight menu. These foods will be stored in the galley. A special taste panel is set up for the astronauts to taste a variety of foods when they are selecting their menus. This lets the astronauts know whether they like the food before going into space. Foods are tested for appearance, color, odor, flavor, and texture. It does not help astronauts to take foods into space if they will not eat them. This taste panel helps facilitate the selection of a desirable menu and reduces the amount of waste from unacceptable, uneaten, or partially eaten portions.

Procedure
Place the students into groups. These groups will be known as the expert groups, and each group should be assigned a type of space food. Each group will be responsible for tasting a variety of foods from their particular group. They will fill out the Taste Panel Evaluation Form, rating the appearance, color, odor, flavor, and texture. The students will rate these items using the numerical scores listed on the bottom of the form.

Each group will total the scores given each food and list them on the form. If an item receives a score of 6 or less, comments should be listed to explain the low score. All other items should be described by their good qualities. Brainstorm a list of descriptive words that can be used.

Discussion
1. Which space food would you prefer to take with you into space?
2. In each food type, which item received the highest score? Why?
3. In each food type, which item received the lowest score? Why?
4. Why do you think it is important that you test the foods before you take them into space?

Extensions
1. Have the students use the evaluation forms to choose a meal of their choice.
2. Use the descriptive words from the Taste Panel Evaluation Form to write a paragraph about the foods you have tested.

Assessment
When all of the tasting, evaluating, and computing have been done, each group should prepare a short presentation to share with the class about their findings.
# Taste Panel Evaluation Form

<table>
<thead>
<tr>
<th>ITEM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appearance</td>
</tr>
<tr>
<td>Color</td>
</tr>
<tr>
<td>Odor</td>
</tr>
<tr>
<td>Flavor</td>
</tr>
<tr>
<td>Texture</td>
</tr>
<tr>
<td>Overall</td>
</tr>
<tr>
<td>Comments</td>
</tr>
</tbody>
</table>

**High Scores:**
- 9-Like Extremely
- 8-Like Very Much
- 7-Like Moderately

**Mid Scores:**
- 6-Like Slightly
- 5-Neither Like nor Dislike
- 4-Dislike Slightly

**Low Scores:**
- 3-Dislike Moderately
- 2-Dislike Very Much
- 1-Dislike Extremely
The following guidelines should be followed when rating a food product on the Taste Panel:
1. Emphasis is on the quality of the food product rather than on personal preferences such as likes and dislikes.
2. If you absolutely dislike the food product because of personal preferences, do not rate it.
3. If a product is rated below a 6 for any category, then note the reason in the space provided.
4. The overall rating is your overall general impression of the product, which is not necessarily an average of the other categories, but should be consistent with them.
5. Do not talk with other panelists during evaluations.
6. Refrain from smoking, eating, or drinking for 60 minutes prior to panels.
7. If necessary, use water or crackers between samples to clear the palate.
8. If you have a question regarding the Taste Panel, ask the person conducting the panel.

Descriptive Comments
Here is a list of descriptive terms that can be used to describe an attribute of a food and be an aid for food development. You may use the list below to describe attributes of a food sample. A score of 6.0 or below should have some descriptive comment that will explain a low score.

<table>
<thead>
<tr>
<th>Taste/Order</th>
<th>Texture</th>
<th>Color/Appearance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bitter</td>
<td>Crisp</td>
<td>Dull</td>
</tr>
<tr>
<td>Sweet</td>
<td>Soft</td>
<td>Lustrous</td>
</tr>
<tr>
<td>Sour</td>
<td>Hard</td>
<td>Sparkling</td>
</tr>
<tr>
<td>Salty</td>
<td>Stringy</td>
<td>Bright</td>
</tr>
<tr>
<td>Oxidized</td>
<td>Tough</td>
<td>Light</td>
</tr>
<tr>
<td>Rancid</td>
<td>Chewy</td>
<td>Dark</td>
</tr>
<tr>
<td>Stale</td>
<td>Firm</td>
<td>Greasy</td>
</tr>
<tr>
<td>Tasteless</td>
<td>Fine</td>
<td>Glossy</td>
</tr>
<tr>
<td>Metallic</td>
<td>Grainy</td>
<td>Cloudy</td>
</tr>
<tr>
<td>Flat</td>
<td>Gummy</td>
<td>Old</td>
</tr>
<tr>
<td>Musty</td>
<td>Lumpy</td>
<td>Pale</td>
</tr>
<tr>
<td>Yeasty</td>
<td>Mushy</td>
<td></td>
</tr>
<tr>
<td>Floral</td>
<td>Pasty</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rubbery</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sticky</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Stiff</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tender</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Greasy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Juicy</td>
<td></td>
</tr>
</tbody>
</table>
Activity 3: Planning and Serving Food

Objective
The students will plan a 5-day flight menu and design a food tray that can be used in space.

Science Standards
- Science as Inquiry: Abilities necessary to do scientific inquiry
- Life Science: Matter, energy, and organization in living systems
- Science in Personal and Social Perspectives: Personal health
- Physical Science: Position and motion of objects

Mathematics Standard
- Computation

Helpful Hints
1. For K—1 students, food pictures from magazines and ads can be used to plan the menu. The students may also cut and paste pictures to construction paper to simulate the Space Shuttle food tray.
2. Some possible materials that can be used to build the food trays are boxes, cardboard, hook and loop tape (Velcro), magnets, foil, wood, construction paper, and glue. Encourage students to be creative in their designs.

Materials
USDA Food Pyramid Guide (Appendix G)
Food group and suggested daily servings chart
(Activity 4)

Background
Astronauts use special trays in space because of the special microgravity environment. These trays are designed to hold everything in place while food is being prepared and eaten. On the Space Shuttle, the trays used have straps on the back so that the astronauts can attach them to either the wall or their leg in order to hold them in place. They also have hook and loop tape on them to attach to the foods and drink packages; utensils are held in place with magnets. The ISS food tray has compartments to hold special bowl-like containers. They snap into place and hold the food in the tray. These containers are similar to single-serving frozen food dishes that can be found in the grocery store. The only difference is that they are made of a hard plastic instead of aluminum or cardboard.

Procedure
The students will plan a nutritionally balanced 5-day menu for astronauts. It is important that astronauts receive the recommended daily caloric intake so they can maintain their energy level and good health. Use the Food Pyramid Guide in the appendix to nutritionally balance the meals. Using the recommended food group and suggested daily servings chart listed in Activity 4, choose foods that will fulfill the recommended daily allowances for the astronauts.

The students will design and build a tray to hold their meals. To help the astronauts eat their meals on the Space Shuttle, a special tray has been devised to help hold the different food types and packages in place. This prevents food from drifting in a microgravity environment.

Discussion
1. What types of problems might you face while trying to eat in space?
2. Are there other ways to serve space food?
3. Why is it important for astronauts to receive the recommended daily caloric and nutritional intake?

Extensions
Have the students plan and prepare a space food luncheon. The food trays the students designed and built will be used. The menu for the day will be selected from the International Space Station Daily Menu Food List. The school administration should be invited as well as community leaders and parents. Remember to invite the local media.

Students can cut food pictures from actual food containers and place rehydratables in zip-locking bags for Space Shuttle food. For ISS frozen foods, food pictures from frozen food packages can be cut to fit the recycled plastic frozen food containers. Foam core or plaster of paris can be used to give the package actual weight.

Assessment
Evaluate each food tray for design and usability. Verify that the meals planned are nutritionally balanced.
**Activity 4:**

**Classifying Space Food**

**Objective**
To classify the space food manifested on the Space Shuttle or International Space Station food lists into the major food groups found in the Food Pyramid Guide.

**Science Standards**
- **Science as Inquiry:** Abilities necessary to do scientific inquiry
- **Science in Personal and Social Perspectives:** Personal health

**Materials Needed**
- Baseline Space Shuttle Food and Beverage List (Appendix A)
- International Space Station Daily Menu Food List (Appendix B)
- USDA Food Guide Pyramid (Appendix G)

**Background**
The Food Guide Pyramid has been established to help people maintain a diet that is adequate in nutritional value. Maintaining good health in space is important, and to help do this, a good diet is imperative. Balanced meals of good nutritional food will help ensure that the astronauts will be able to perform their jobs in space.

The U.S. Department of Agriculture (USDA) has made recommendations for a healthy diet. Foods are grouped according to the nutrients they provide. Many foods, such as corn, are hard to place into a specific group. Sweet corn can be counted as a starchy vegetable, but corn tortillas are in the grain group. Dry beans and peas (legumes) can be counted as either a starchy vegetable or a meat.

The following is a web site that can be used to obtain more indepth information about the Food Guide Pyramid and nutrition:
http://www.usda.gov/fcs/cnpp/using.htm

**Food Groups and Suggested Daily Servings Chart**

<table>
<thead>
<tr>
<th>Food Groups</th>
<th>Suggested Daily Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grain (Bread, Cereal, Rice, and Pasta)</td>
<td>6 to 11 servings</td>
</tr>
<tr>
<td>Fruit</td>
<td>2 to 4 servings</td>
</tr>
<tr>
<td>Vegetable</td>
<td>3 to 5 servings</td>
</tr>
<tr>
<td>Meat (Meats, Poultry, Fish, Eggs, and Nuts)</td>
<td>2 to 3 servings</td>
</tr>
<tr>
<td>Dairy (Milk, Yogurt, and Cheese)</td>
<td>2 to 3 servings</td>
</tr>
<tr>
<td>Oil (Use sparingly)</td>
<td></td>
</tr>
</tbody>
</table>

**Procedure**
Using the Baseline Space Shuttle Food and Beverage List or the International Space Station Daily Menu Food List, classify the foods into the major groups as shown above.

**Discussion**
1. Which foods did you find that can fit into more than one food group?
2. In your opinion, which food group had the better selection of foods?
3. Why is it important to maintain good health in space?
4. How does a balanced diet maintain good health?
Extensions
1. Have the class design their own ISS food menu for a 30-day crew rotation or Space Shuttle food menu for a 7-day rotation. Have them analyze how many times a particular food or drink item was served and if some items were served in combination with another (such as fish always served with french fries). Avoid monotonous or repetitive selection by increasing the variety of food choices.
2. Using a computer, create a data base file. Design a data base template that includes fields such as day (1, 2, 3, etc.), meal (breakfast, lunch, dinner, and a possible snack), and the six major food groups (grain, vegetable, fruit, dairy, meat, and oil). Enter the information from the menus and determine which meals are balanced ones by searching for any empty fields in the food groups.

Assessment
The students will compare and contrast their findings.
**Activity 5: Ripening of Fruits and Vegetables**

**Objectives**

Compare and contrast the rate of ripening of fruits and vegetables when exposed to air and the effect of using a chemical inhibitive on that rate of ripening.

Measure the exposed surface area of ripened fruits and vegetables.

**Science Standard**

- **Science as Inquiry:** Abilities necessary to do scientific inquiry
- **Life Science:** Matter, energy, and organization in living systems
- **Science in Personal and Social Perspectives:** Personal health

**Mathematics Standard**

- **Measurement**

**Materials Needed**

- Distilled water
- Fruits such as apples and bananas
- Vegetables such as carrots and celery sticks
- Vitamin C tablets
- Small deep plastic bowls
- Knife
- Large spoons
- Paper plates

**BACKGROUND**

Food for the Space Shuttle is packaged and stowed in food lockers at Johnson Space Center in Houston, Texas, approximately a month before each launch and is kept refrigerated until shipped to the launch site. About 3 weeks before launch, the food lockers are sent to Kennedy Space Center in Florida. There, they are refrigerated until they are installed in the Shuttle 2 to 3 days prior to launch. Besides the meal and supplemental pantry food lockers, a fresh food locker is packed at Kennedy and installed on the Shuttle 18 to 24 hours before launch. The fresh food locker contains tortillas, fresh bread, breakfast rolls, fresh fruits such as apples, bananas, and oranges, and fresh vegetables such as carrots and celery sticks. During space flight, fresh fruits and vegetables have a short shelf life because of the absence of a refrigerator and must be consumed within the first 7 days of flight. Carrots and celery sticks are the most perishable items in the fresh food locker and must be consumed within the first 2 days of flight.

Onboard the ISS, refrigerators will be present, and refrigerated foods for the Station will include fresh and fresh-treated fruits and vegetables. Certain types of fruits and vegetables can have an extended shelf life of up to 60 days.

When certain fruits or vegetables are sliced open and exposed to air, the exposed cut surface turns brown in color. There are a number of processing techniques that can be employed to fresh-treat fruit and vegetables: irradiation, a wax coating, an ethylene inhibitor (ethylene is a plant hormone that causes ripening), controlled atmosphere packaging, modified atmosphere packaging, and the use of a chemical inhibitive.

This activity focuses on one of these processes the use of a chemical inhibitive as a way of packaging sliced fruits and vegetables as a single-serving, nonwaste food item. Slicing eliminates the weight and waste of a core and peelings.

Some foods are easily browned, such as bananas, apples, pears, and peaches. You can protect fresh fruit from browning by keeping it from being exposed to air. Another way is by treating the food with vitamin C.

**Procedure**

1. Pour water into two small deep bowls. Dissolve a vitamin C tablet into one, and leave the second as plain water. Label the first one Vitamin C and the second Plain Water.
2. Cut a piece of fruit into six equal wedges.
3. Place two wedges into each of the prepared liquids. Be careful that each wedge is completely immersed in the liquid for about 10 minutes.
4. Remove each wedge with a spoon, and place on separately labeled paper plates.
5. Place the last two wedges on a paper plate labeled Untreated.
6. Arrange the piece so that all of the cut surfaces are exposed to air.
7. Repeat steps 2 through 6 with each fruit and vegetable being tested.
8. Let all three plates sit for an hour, and observe for any browning.
9. Using a variety of tools (ruler, square centimeter graph paper, foil, etc.) to measure the brown, exposed area of the fruits and vegetables.

**Discussion**

1. Which fruit and which vegetable turned browner than the others?
2. Which fruit and which vegetable did not turn as brown as the others?
3. Can you think of another chemical inhibitive that could be used to preserve fruits and vegetables?
4. What would be the best way to pack fruits and vegetables for space flight?

**Extensions**

1. Does the amount of vitamin C in the water affect the rate that fruit and vegetables will turn brown? Test this hypothesis by using one-half tablet, one tablet, and two tablets of vitamin C in the water.
2. Will temperature affect the rate of browning on fruits and vegetables? Try the experiment again, but this time place them in the refrigerator and in a warm dark place for the same amount of time.
3. Lemon juice is a common ingredient listed in recipes for fruit pies. Repeat the experiment again to determine whether lemon juice has an effect on browning.
4. Use a vacuum pump to keep fresh fruit from being exposed to air (vacuum sealing). Observe the rate of browning.
5. Slicing, coring, and peeling are techniques for providing single servings and eliminating waste. Determine the amount of weight and volume reduced by slicing, coring, and peeling apples and oranges.

**Assessment**

The students will present their findings to the class. Classroom graphs and charts may be used to illustrate information learned.
Activity 6: Mold Growth

Objective
After observing mold growth on different types of bread, measure and record the growth rate.

Science Standards
- **Science as Inquiry**: Abilities necessary to do scientific inquiry
- **Life Science**: Matter, energy, and organization in living systems
- **Science in Personal and Social Perspectives**: Personal Health

Mathematics Standard
- **Measurement**

Materials Needed
- Variety of breads (such as white, brown, whole wheat, rye, and sourdough) with and without preservatives
- Variety of tortillas (such as flour and corn) with and without preservatives
- Plastic zip-locking sandwich bags (16.5 cm x 14.9 cm)
- Marking pen
- Tape
- Knife
- Metric ruler
- Transparent centimeter grid sheet
- Large tray
- Student Data Sheets

Background
Flour tortillas have been a favorite bread item for space flight since 1985.* Tortillas are an acceptable bread substitute because of ease of handling and reduced crumb generation in microgravity. Frankfurters and peanut butter and jelly are some of the foods and spreads used with the tortillas to make sandwiches. The tortillas are also used as a bread accompaniment to many of the food entrees such as beef tips in gravy and ham slices. The Space Shuttle galley does not have refrigeration for food storage; hence, all foods are stowed in locker trays at room temperature. Spoilage problems are encountered with commercial tortillas on space flight missions longer than 7 days.

Molds are naturally present nearly everywhere in our environment. In nature, molds are needed to break down substances such as leaves and result in organic matter that enriches soil. When present in foods, however, molds may grow and cause an unsightly appearance and unappealing and unusual flavors. Some molds are capable of producing toxins, which are hazardous to human health. Dampness, warmth, oxygen, favorable pH, and the absence of light result in the optimum growth conditions for yeast, mold, and pathogenic bacterial growth. As mission length has increased, the need to develop a tortilla that is shelf stable at room temperature has become essential. A tortilla with a shelf life of 6 months was developed.

Foods and beverages are processed with preservatives to inhibit the growth of molds naturally present. The development of a shelf-stable tortilla for space flight required reducing the amount of available water, lowering the pH to prevent bacterial growth, and packaging in an oxygen-free environment to prevent mold growth. See the Space Tortilla Formulation (Recipe) in Appendix F.

Procedure
1. Measure and cut each bread and tortilla sample into a 10 x 10 cm square.
2. Cut a 5 x 5 cm square of paper, and dampen with water. Place into a numbered zip-locking sandwich bag.
3. Place each sample on dampened paper in the bag, and seal with a little air left in the bag. Tape the zip-locking seal as a safety measure.
4. List the ingredients from the information label on the food package wrapper. Identify flours, yeast, and preservatives. Label the package.
5. Place the labeled samples on a large tray to minimize handling. Keep the samples in a warm, dark place.
6. Make daily observations of any mold growth at the same time each day. Make observations of the types of mold present by noting the color and appearance of the molds and the rate of mold growth.
7. Measure the amount of mold surface area growth by placing a transparent centimeter grid over the sample.
8. Record your data on the Student Data Sheets.
9. Examine the mold with a stereo microscope or magnifier.

---

* Tortillas were requested as part of the food manifest by Astronaut Rodolfo Neri Vela (Mexico), Payload Specialist, STS-61B, 1985.
Caution: Molds should be handled carefully. Do not open the zip-locking plastic bag, and do not remove the mold samples from the zip-locking plastic bags. The spores, which is how mold is dispersed, may spread throughout the classroom and could cause allergic reactions.

Discussion
1. Which bread type(s) exhibited more mold growth over a long period of time?
2. On which bread type did mold first appear?
3. Were there any breads that had no mold growth? Why?
4. What was the difference between the tortilla and the bread as far as mold growth?
5. Molds vary in color and appearance. Many are white and resemble cotton while others are green, brown, black, pink, or gray. While some molds will grow on a wide variety of foods, others grow best on fresh fruits or vegetables. Describe the mold(s) that appeared on the bread products.

Extensions
Repeat the experiment, and change the variables.
1. Place some bread samples in the dark, and expose other identical pieces in the light.
2. Place some bread samples in a cool place (refrigerator), and expose other identical samples in a warm place.
3. Repeat the experiment with other types of major food groups that have flown in space. The Space Shuttle fresh food locker contains crew-determined food items such as oranges, apples, carrots, and celery sticks. Try a fresh fruit such as an orange or apple, a fresh vegetable such as a carrot or celery stick, and a milk group item such as a natural cheese.
4. Observe which colors of molds grow on a variety of foods and which mold colors are more specific to a certain food group.
5. Compare the space flight shelf stable tortilla formulation (listed in Appendix F) with the ingredients listed on a grocery store tortilla package wrapper or in a tortilla recipe you find in a cookbook for an Earth-based tortilla.

Assessment
Conduct a classroom discussion about the findings, and collect the completed Student Data Sheets. Have the students graph their data.
Metric Area Grid Template

This 15 x 20 cm gridded sheet can be used to make transparencies, which can be placed on any object and used to measure how many square centimeters the object contains.
# Student Data Sheet

## MOLD GROWTH DATA RECORD SHEET

Kind of Bread____________ Sample #_____ Preservative_____ (yes / no)

<table>
<thead>
<tr>
<th>Time (Day)</th>
<th>Mold surface area (cm²)</th>
<th>Daily Observations</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
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<td>3</td>
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<td>9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Ingredients List:**

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 
11. 
12. 
13. 
14. 

**Ingredients Identification Key:**

- Flour (F)
- Preservative (P)
- Yeast (Y)
Student Data Sheet

Name

Mold Growth Data Line Graph

Instructions
Plot surface mold area growth vs. time.
Plot data from each sample onto the line graph.
Use a different color for each sample recorded on the graph.
Indicate on the graph whether the sample is with or without preservatives.
If there are preservatives, state the number of different preservatives present.

Conclusions
Activity 7:
How Much Is Waste?

Objective
Measure the mass and volume of a food package before and after repackaging for space flight, and determine the usable and waste portions of food selected for space flight.

Science Standards
- Science as Inquiry: Abilities necessary to do scientific inquiry.
- Physical Science: Properties and changes of properties of matter.

Mathematics Standard
- Computation
- Measurement

Materials Needed
Commercial food box such as a cereal box
Unshelled nuts: almond, cashew, macadamia, peanut
Fresh fruits: apple, grapefruit, lemon, orange
Metric balance
Weights
Plastic zip-locking snack and sandwich bags
Metric rulers
Calculators
Student Data Sheets

Background
The original design of the space food packaging for Projects Mercury, Gemini, and Apollo was light in weight and easily handled in microgravity, and it required minimum storage space. These specifications fit the prime life support design requirements for all spacecraft systems: minimum weight and volume, minimum power usage, reliability, ease of maintenance, environmental compatibility, integration with other systems, and crew compatibility.

As spacecraft design improved, allowing for longer flight durations and larger crew and cargo capabilities, the food manifest greatly improved. For instance, the Space Shuttle and ISS food lists contain nuts, shelled to reduce waste and mess. In addition, the lists also contain fruits and fruit juices. These fruits may be whole or presliced to reduce waste and mess.

Because of the increasing problem of orbital debris, the only substance dumped on orbit into space is excess water, a byproduct of electrical power generated from the Space Shuttle fuel cells. Onboard waste containment is a concern for space flight. A trash compactor is on the Space Shuttle and is also planned for the ISS to reduce the bulk of waste products.

Procedure
Part 1. Minimize the Mass of a Grocery Store Package
1. Weigh the package.
2. Calculate the mass and volume of the food package.
3. Open the package, remove the contents, and place them in a plastic zip-locking sandwich bag, removing as much air from the package as possible.
4. Weigh the new package.
5. Determine the volume of the new package.
6. Calculate the percentage of mass loss.
7. Calculate the percentage of volume loss.

Part 2. Determine the Usable and Waste Portions of 10 Nuts
Note: Use 10 nuts, and divide by 10 to come up with the amount for 1 nut.
1. Weigh 10 nuts.
2. Shell the nuts, and weigh the edible portion.
3. Collect the shells, and weigh the nut shells.
4. Calculate the percentage that is edible.
5. Calculate the percentage of waste.

Part 3. Determine the Edible and Waste Portions of a Fruit
1. Weigh the fruit.
2. Peel and core the fruit.
3. Weigh the edible portion of the fruit.
4. Weigh the peel and core of the fruit.
5. Calculate the percentage that is edible.
6. Calculate the percentage that is waste.

Discussion
1. Did the packaging make that much of a difference in weight? In volume?
2. After removing the parts of food that would not be eaten, did the weight decrease significantly?
3. Which food product lost the most weight? Was it because of packaging or waste portions of the food?
**Extensions**

1. Have the students find other types of food that contain waste portions.
2. Fruit juices are manifested for the ISS. Extract juice from selected fruit(s) and calculate the amount of juice available:
   
   \[
   \% \text{ juice} = \frac{\text{liquid mass}}{\text{total mass}} \times 100
   \]

**Assessment**

Collect the completed Student Data Sheets, and determine whether the mathematical computations are correct. Through classroom discussion, determine usable and unusable portions of foods.
**Student Data Sheet**

**Name**

---

**PART 1. MINIMIZE THE MASS OF A GROCERY STORE PACKAGE**

Calculate the percentage of mass loss:

\[
\% \text{ Package Mass Loss} = \frac{\text{store pack mass} - \text{space pack mass}}{\text{store pack mass}} \times 100
\]

Calculate the percentage of volume loss:

\[
\% \text{ Package Volume Loss} = \frac{\text{store pack volume} - \text{space pack volume}}{\text{store pack volume}} \times 100
\]

---

**PART 2. DETERMINE THE USABLE AND WASTE PORTIONS OF 10 NUTS**

Calculate the percentage of the edible portion:

\[
\% \text{ Edible} = \frac{\text{edible mass}}{\text{total mass}} \times 100
\]

Calculate the percentage of the waste portion:

\[
\% \text{ Waste} = \frac{\text{shell mass}}{\text{total mass}} \times 100
\]

---

**PART 3. DETERMINE THE EDIBLE AND WASTE PORTIONS OF A FRESH FRUIT**

Calculate the percentage of the edible portion of the fresh fruit:

\[
\% \text{ Edible} = \frac{\text{edible mass}}{\text{total mass}} \times 100
\]

Calculate the percentage of the waste portion of the fresh fruit:

\[
\% \text{ Waste} = \frac{\text{peel + core mass}}{\text{total mass}} \times 100
\]
Activity 8:
Dehydrating Food for Space Flight

Objective
Determine the percentage of water reduction by dehydrating fresh food items.

Science Standards
• Science as Inquiry: Abilities necessary to do scientific inquiry
• Science in Personal and Social Perspectives: Personal Health

Mathematics Standards
• Measurement
• Computation

Materials Needed
Vegetables: fresh green beans
Fruits: fresh apples, peaches, grapes, strawberries, or bananas
Food dehydrator
Balance
Weights
Plastic zip-locking sandwich bags

Background
Freeze-drying and other drying methods remove most of the water in foods. This food type (once rehydrated) provides a more solid-type diet and adds variety to the space flight menu.

Onboard the Space Shuttle, dehydrated foods and drinks make up a significant part of the menu selection. The major reason for using these dehydrated foods and drinks is because water is produced by the fuel cells as a byproduct, making water abundantly available for Space Shuttle food preparation. A significant weight reduction is achieved by rehydratable food and drinks.

For the ISS, electrical energy requirements are best met by using a renewable energy source. Solar arrays, which convert solar energy into electrical energy, do not produce water as a byproduct. The ISS food manifest has reduced the amount of food rehydratables significantly. Drinks, however, are still best handled in a rehydratable package for storage ease.

Procedure
1. Weigh the fruit or vegetable.
2. Cut up the food into small slices or pieces.
3. Place in the food dehydrator, and dehydrate.
4. Remove from the dehydrator, and allow to cool before weighing by placing in a plastic sandwich bag (so no moisture will be reabsorbed).
5. Weigh dehydrated food, being careful to subtract the weight of the empty zip-locking plastic bag.
6. Calculate the percentage of moisture lost in the food sample using the equation:

\[
\% \text{ Moisture Loss} = \frac{\text{original mass} - \text{dehydrated mass}}{\text{original mass}} \times 100
\]

Extension
Explore the rehydratability of different commercial food products obtained from camping or grocery stores. Weigh a known amount of dehydrated food, and place in a container of ambient water. Allow the food to completely rehydrate. Remove the food from the container, and blot dry. Weigh the rehydrated food product, and calculate the percentage of rehydration:

\[
\% \text{ Rehydration} = \frac{\text{gain in mass + original mass}}{\text{original mass}} \times 100
\]

Assessment
The students will write procedures for dehydrating fruit and vegetables.
# Appendix A: Baseline Space Shuttle Food and Beverage List

## Abbreviations
- A/S: Artificial Sweetener
- (B): Beverage
- (FF): Fresh Food
- (IM): Intermediate Moisture
- (I): Irradiated
- (NF): Natural Form
- (R): Rehydratable
- (T): Thermostabilized

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Abbreviation(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef w/BBQ Sauce (T)</td>
<td></td>
</tr>
<tr>
<td>Beef, Dried (IM)</td>
<td></td>
</tr>
<tr>
<td>Beef Patty (R)</td>
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<tr>
<td>Beef Steak (I)</td>
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<tr>
<td>Beef Stroganoff w/Noodles (R)</td>
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<tr>
<td>Beef, Sweet n Sour (T)</td>
<td></td>
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<tr>
<td>Beef Tips w/Mushrooms (T)</td>
<td></td>
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<tr>
<td>Bread (FF)</td>
<td></td>
</tr>
<tr>
<td>Breakfast Roll (FF)</td>
<td></td>
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<tr>
<td>Brownies (NF)</td>
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<tr>
<td>Candy,</td>
<td></td>
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<tr>
<td>Coated Chocolates (NF)</td>
<td></td>
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<tr>
<td>Coated Peanuts (NF)</td>
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<tr>
<td>Gum (NF)</td>
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<tr>
<td>Life Savers (NF)</td>
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<tr>
<td>Cereal,</td>
<td></td>
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<tr>
<td>Bran Chex (R)</td>
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<tr>
<td>Cornflakes (R)</td>
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<tr>
<td>Granola (R)</td>
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<tr>
<td>Granola w/Blueberries (R)</td>
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<tr>
<td>Granola w/Raisins (R)</td>
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<td>Grits w/Butter (R)</td>
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<td>Oatmeal w/Brown Sugar (R)</td>
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<td>Oatmeal w/Raisins (R)</td>
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<td>Rice Krispies (R)</td>
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<tr>
<td>Cheddar Cheese Spread (T)</td>
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<tr>
<td>Chicken,</td>
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<tr>
<td>Chicken, Grilled (T)</td>
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<tr>
<td>Chicken Salad Spread (T)</td>
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<tr>
<td>Chicken, Sweet n Sour (R)</td>
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<tr>
<td>Cookies,</td>
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<td>Butter (NF)</td>
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<td>Shortbread (NF)</td>
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<td>Crackers,</td>
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<td>Butter (NF)</td>
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<tr>
<td>Eggs,</td>
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<td>Scrambled (R)</td>
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<tr>
<td>Mexican Scrambled (R)</td>
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<tr>
<td>Seasoned Scrambled (R)</td>
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<tr>
<td>Frankfurters (T)</td>
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<tr>
<td>Fruit,</td>
<td></td>
</tr>
<tr>
<td>Apple, Granny Smith (FF)</td>
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</tr>
<tr>
<td>Apple, Red Delicious (FF)</td>
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<tr>
<td>Applesauce (T)</td>
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<tr>
<td>Apricots, Dried (IM)</td>
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</tr>
<tr>
<td>Banana (FF)</td>
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<tr>
<td>Cocktail (T)</td>
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<tr>
<td>Orange (FF)</td>
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<tr>
<td>Peach Ambrosia (R)</td>
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<tr>
<td>Peaches, Diced (T)</td>
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<tr>
<td>Peaches, Dried (IM)</td>
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<td>Pears, Diced (T)</td>
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<tr>
<td>Pears, Dried (IM)</td>
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<tr>
<td>Pineapple (T)</td>
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<tr>
<td>Strawberries (R)</td>
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<tr>
<td>Trail Mix (IM)</td>
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<tr>
<td>Granola Bar (NF)</td>
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</tr>
<tr>
<td>Ham (T)</td>
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</tr>
<tr>
<td>Ham Salad Spread (T)</td>
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</tr>
<tr>
<td>Jelly,</td>
<td></td>
</tr>
<tr>
<td>Apple (T)</td>
<td></td>
</tr>
<tr>
<td>Grape (T)</td>
<td></td>
</tr>
<tr>
<td>Macaroni and Cheese (R)</td>
<td></td>
</tr>
<tr>
<td>Noodles and Chicken (R)</td>
<td></td>
</tr>
</tbody>
</table>
Nuts,
  Almonds (NF)
  Cashews (NF)
  Macadamia (NF)
  Peanuts (NF)
  Trail Mix (IM)

Peanut Butter (T)
Potatoes au Gratin (R)

Puddings,
  Banana (T)
  Butterscotch (T)
  Chocolate (T)
  Tapioca (T)
  Vanilla (T)

Rice and Chicken (R)
Rice Pilaf (R)

Salmon (T)
Sausage Patty (R)

Shrimp Cocktail (R)

Soups,
  Chicken Consomme (B)
  Mushroom (R)
  Rice and Chicken (R)

Spaghetti w/Meat Sauce (R)

Tortillas (FF)

Tuna,
  Tuna (T)
  Tuna Salad Spread (T)

Turkey,
  Turkey Salad Spread (T)
  Turkey, Smoked (I)
  Turkey Tetrazzini

Vegetables,
  Asparagus (R)
  Broccoli au Gratin (R)
  Carrot Sticks (FF)
  Cauliflower w/Cheese (R)
  Celery Sticks (FF)
  Green Beans and Broccoli (R)
  Green Beans/Mushrooms (R)
  Italian (R)
  Spinach, Creamed (R)
  Tomatoes and Eggplant (T)

**Beverages (B)**

Apple Cider

Cherry Drink w/A/S

Cocoa

Coffee,
  Black
  w/A/S
  w/Cream
  w/Cream and A/S
  w/Cream and Sugar
  w/Sugar

Coffee (Decaffeinated),
  Black
  w/A/S
  w/Cream
  w/Cream and A/S
  w/Cream and Sugar
  w/Sugar

Coffee (Kona),
  Black
  w/A/S
  w/Cream
  w/Cream and A/S
  w/Cream and Sugar
  w/Sugar

Grape Drink
Grape Drink w/A/S

Grapefruit Drink

Instant Breakfast,
  Chocolate
  Strawberry
  Vanilla

Lemonade
Lemonade w/A/S

Lemon-Lime Drink

Orange Drink
Orange Drink w/A/S
Orange-Grapefruit Drink
Orange Juice
Orange-Mango Drink
Orange-Pineapple Drink
Peach-Apricot Drink
Pineapple Drink
Strawberry Drink

Tea,
Plain
w/A/S
w/Cream
w/Lemon
w/Lemon & A/S
w/Lemon & Sugar
w/Sugar

Tropical Punch
Tropical Punch w/A/S

Condiments

Catsup (T)
Mayonnaise (T)
Mustard (T)
Pepper (Liquid)
Salt (Liquid)
Tabasco Sauce (T)
Taco Sauce (T)
### Refrigerated

**Dairy**
- Cheese
- Cheese slices
- Cream cheese
- Sour cream
- Yogurt, fruit

**Fruits**
- Apple
- Grapefruit
- Kiwi
- Orange
- Plum

**Frozen**

**Meat and Eggs**

**Beef:**
- Beef, brisket, BBQ
- Beef, enchilada with Spanish rice
- Beef, fajita
- Beef, patty
- Beef, sirloin tips with mushrooms
- Beef, steak, bourbon
- Beef, steak, teriyaki
- Beef, stir fried with onion
- Beef, stroganoff with noodles
- Luncheon meat
- Meatloaf with mashed potatoes and gravy

**Lamb:**
- Lamb, broiled

**Poultry:**
- Chicken, baked
- Chicken, enchilada with Spanish rice
- Chicken, fajita
- Chicken, grilled
- Chicken, oven fried

*Appendix B: International Space Station Daily Menu Food List*

- Chicken, pot pie
- Chicken, stir fried with diced red pepper
- Chicken, teriyaki with spring vegetables
- Duck, roasted
- Meatball, porcupine (turkey)

**Pork:**
- Bacon
- Bacon, Canadian
- Ham, baked with candied yams
- Pork, chop, baked with potatoes au gratin
- Pork, sausage, patties
- Pork, sweet and sour with rice

**Seafood:**
- Fish, baked
- Fish, grilled
- Fish, sautéed
- Lobster, broiled tails
- Scallops, baked
- Seafood, gumbo with rice
- Shrimp, cocktail
- Tuna, noodle casserole

**Eggs:**
- Egg, omelet, cheese
- Egg, omelet, vegetable
- Egg, omelet, ham
- Egg, omelet, sausage
- Egg, omelet vegetable and ham
- Egg, omelet, vegetable and sausage
- Eggs, scrambled with bacon, hash browns sausage
- Quiche, vegetable
- Quiche, lorraine

**Pasta mixtures:**
- Lasagna, vegetable with tomato sauce
- Noodles, stir fry
- Spaghetti with meat sauce
- Spaghetti with tomato sauce
- Tortellini with tomato sauce, cheese
Other:

- Egg rolls
- Enchilada, cheese with Spanish rice
- Pizza, cheese
- Pizza, meat
- Pizza, vegetable
- Pizza, supreme

**Fruit**

- Apples, scalloped
- Peaches, sliced with bananas, blueberries
- Peaches with bananas, grapes, strawberries
- Strawberries, sliced

**Soups**

- Beef, stew
- Broccoli, cream of
- Chicken, cream of
- Chicken noodle
- Mushroom, cream of
- Won ton

**Grains**

- Biscuits
- Bread
- Cornbread
- Dinner roll
- Garlic bread
- Sandwich bun, wheat/white
- Toast, wheat/white
- Tortilla

**Breakfast items:**

- Cinnamon roll
- French toast
- Pancakes, buttermilk
- Pancakes, apple cinnamon
- Waffles

**Pasta:**

- Fettuccine Alfredo
- Macaroni and cheese
- Spaghetti

**Rice:**

- Fried
- Mexican/ Spanish
- White

**Starchy Vegetables**

- Corn, whole kernel
- Potato, baked
- Potatoes, scalloped
- Potatoes, oven fried
- Potatoes, mashed
- Yams, candied
- Succotash
- Squash corn casserole

**Vegetables**

- Asparagus tips
- Beans, green
- Beans, green with mushrooms
- Broccoli au gratin
- Broccoli
- Carrot coins
- Cauliflower au gratin
- Chinese vegetables, stir fry
- Mushrooms, fried
- Okra, fried
- Peas
- Peas with carrots
- Squash, acorn with apple sauce and cinnamon
- Zucchini, spears, fried

**Desserts**

- Cakes:
  - Angel food cake
  - Brownie, chocolate
  - Chocolate fudge
  - Shortcake
  - Yellow cake with chocolate frosting

**Dairy:**

- Ice cream, chocolate
- Ice cream, strawberry
- Ice cream, vanilla
- Yogurt, frozen
Pies and Pastry:
Cheesecake, chocolate
Cheesecake, plain
Cobbler, peach
Pie, apple
Pie, coconut cream
Pie, pecan
Pie, pumpkin

Beverages
Apple juice
Grape juice
Grapefruit juice
Lemonade
Orange juice

Condiments
Margarine
Grated cheese

Cereals
Hot cereal:
Oatmeal
Cream of wheat
Grits

Thermostabilized
Fruit
Applesauce
Fruit cocktail
Peaches
Pears
Pineapple

Salads
Chicken salad
Tuna salad
Turkey salad

Vegetable:
Bean salad, three
Pasta salad
Potato salad, German
Sauerkraut

Soups
Chili
Clam chowder
Egg drop
Miso, Japanese
Vegetable

Desserts
Pudding, butterscotch
Pudding, chocolate
Pudding lemon
Pudding, tapioca
Pudding, vanilla

Condiments
Barbecue sauce
Catsup
Chili con queso
Cocktail sauce
Cranberry sauce
Dill pickle chips
Dips, bean
Dips, onion
Dips, ranch
Honey
Horseradish sauce
Jelly, assorted
Lemon juice
Mayonnaise
Mustard
Mustard, hot Chinese
Orange marmalade
Peanut butter (chunky, creamy, whipped)
Picante sauce
Sweet and sour sauce
Syrup, maple
Taco sauce
Tartar sauce

Beverages
Fruit juices:
Cranberry
Cranberry apple
Cranberry raspberry
Gatorade, assorted
Pineapple
Pineapple grapefruit
Tomato
V-8
Milk:
- Skim
- Low fat
- Chocolate (low fat or skim)
- Whole

**Natural Form**

*Fruit*
- Apples, dried
- Apricots, dried
- Peach, dried
- Pear, dried
- Prunes
- Raisin
- Trail mix

*Grains*
- Animal crackers
- Cereal, cold
- Chex mix
- Crackers, assorted
- Baked chips, tortillas
- Baked chips, potato
- Pretzels
- Goldfish
- Tortilla chips
- Potato chips
- Rye krisp, seasoned

*Desserts*
- Cookies:
  - Butter
  - Chocolate chip
  - Fortune
  - Rice krispies treat
  - Shortbread

*Snacks*
- Beef jerky

**Nuts:**
- Almonds
- Cashews
- Macadamia
- Peanuts

*Candy:*
- Candy-coated chocolates
- Candy-coated peanuts
- Lifesavers
- Gum (sugar free)

**Eva Food**
- In-suit fruit bar

**Rehydratable**

*Beverages*
- Apple cider
- Cherry drink
- Cocoa
- Coffee (assorted)
- Grape drink
- Grapefruit drink
- Instant breakfast, chocolate
- Instant breakfast, vanilla
- Instant breakfast, strawberry
- Orange drink
- Orange mango drink
- Orange pineapple drink
- Tea (assorted)
- Tropical punch

**Irradiated Meat**
- Beef steak
- Smoked turkey
### Appendix C:
**Gemini Standard Menu (4-day cycle)**

<table>
<thead>
<tr>
<th>Day 1, 5, 9</th>
<th>Day 2, 6, 10</th>
<th>Day 3, 7, 11</th>
<th>Day 4, 8</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meal A</strong>&lt;br&gt;Peaches&lt;br&gt;Bacon Squares (8)&lt;br&gt;Cinnamon Toast Bread Cubes (4)&lt;br&gt;Grapefruit Drink&lt;br&gt;Orange Drink</td>
<td><strong>Meal A</strong>&lt;br&gt;Fruit Cocktail&lt;br&gt;Sugar-Coated Cornflakes&lt;br&gt;Bacon Squares (8)&lt;br&gt;Grapefruit Drink&lt;br&gt;Grape Drink</td>
<td><strong>Meal A</strong>&lt;br&gt;Peaches&lt;br&gt;Bacon Squares (8)&lt;br&gt;Strawberry Cubes (4)&lt;br&gt;Cocoa&lt;br&gt;Orange Drink</td>
<td><strong>Meal A</strong>&lt;br&gt;Fruit Cocktail&lt;br&gt;Sausage Patties&lt;br&gt;Bacon Squares (8)&lt;br&gt;Cocoa&lt;br&gt;Grape Drink</td>
</tr>
<tr>
<td><strong>Meal B</strong>&lt;br&gt;Salmon Salad&lt;br&gt;Chicken and Rice&lt;br&gt;Sugar Cookie Cubes (4)&lt;br&gt;Cocoa&lt;br&gt;Grape Punch</td>
<td><strong>Meal B</strong>&lt;br&gt;Potato Soup&lt;br&gt;Chicken and Vegetables&lt;br&gt;Tuna Salad&lt;br&gt;Pineapple Fruitcake (4)&lt;br&gt;Orange Drink</td>
<td><strong>Meal B</strong>&lt;br&gt;Cream of Chicken Soup&lt;br&gt;Turkey and Gravy&lt;br&gt;Butterscotch Pudding&lt;br&gt;Brownies&lt;br&gt;Grapefruit Drink</td>
<td><strong>Meal B</strong>&lt;br&gt;Potato Soup&lt;br&gt;Pork and Scalloped Potatoes&lt;br&gt;Apple Sauce&lt;br&gt;Orange Drink</td>
</tr>
<tr>
<td><strong>Meal C</strong>&lt;br&gt;Beef and Potatoes&lt;br&gt;Cheese Cracker Cubes (4)&lt;br&gt;Chocolate Pudding&lt;br&gt;Orange-Grapefruit Drink</td>
<td><strong>Meal C</strong>&lt;br&gt;Spaghetti and Meat Sauce&lt;br&gt;Ham and Potatoes&lt;br&gt;Banana Pudding&lt;br&gt;Pineapple-Grapefruit Drink</td>
<td><strong>Meal C</strong>&lt;br&gt;Pea Soup&lt;br&gt;Beef Stew&lt;br&gt;Chicken Salad&lt;br&gt;Chocolate Cubes (4)&lt;br&gt;Grape Punch</td>
<td><strong>Meal C</strong>&lt;br&gt;Shrimp Cocktail&lt;br&gt;Chicken Stew&lt;br&gt;Turkey Bites (4)&lt;br&gt;Dry Fruitcake (4)&lt;br&gt;Orange-Grapefruit Drink</td>
</tr>
</tbody>
</table>
### Appendix D: Space Shuttle Standard Menu (4 days of a 7-day menu)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meal A</strong>&lt;br&gt;Dried Peaches&lt;br&gt;Cornflakes&lt;br&gt;Orange-Pineapple Drink&lt;br&gt;Cocoa</td>
<td><strong>Meal A</strong>&lt;br&gt;Dried Peaches&lt;br&gt;Ham&lt;br&gt;Cornflakes&lt;br&gt;Orange-Pineapple Drink&lt;br&gt;Cocoa</td>
<td><strong>Meal A</strong>&lt;br&gt;Dried Peaches&lt;br&gt;Ham&lt;br&gt;Cornflakes&lt;br&gt;Orange-Pineapple Drink&lt;br&gt;Cocoa</td>
<td><strong>Meal A</strong>&lt;br&gt;Dried Peaches&lt;br&gt;Ham&lt;br&gt;Cornflakes&lt;br&gt;Orange-Pineapple Drink&lt;br&gt;Cocoa</td>
</tr>
<tr>
<td><strong>Meal B</strong>&lt;br&gt;Ham&lt;br&gt;Cheese Spread&lt;br&gt;Tortilla x2&lt;br&gt;Pineapple&lt;br&gt;Cashews&lt;br&gt;Strawberry Drink</td>
<td><strong>Meal B</strong>&lt;br&gt;Ham&lt;br&gt;Cheese Spread&lt;br&gt;Tortilla x2&lt;br&gt;Pineapple&lt;br&gt;Cashews&lt;br&gt;Strawberry Drink</td>
<td><strong>Meal B</strong>&lt;br&gt;Ham&lt;br&gt;Cheese Spread&lt;br&gt;Tortilla x2&lt;br&gt;Pineapple&lt;br&gt;Cashews&lt;br&gt;Strawberry Drink</td>
<td><strong>Meal B</strong>&lt;br&gt;Ham&lt;br&gt;Cheese Spread&lt;br&gt;Tortilla x2&lt;br&gt;Pineapple&lt;br&gt;Cashews&lt;br&gt;Strawberry Drink</td>
</tr>
<tr>
<td><strong>Meal C</strong>&lt;br&gt;Chicken a la King&lt;br&gt;Turkey Tetrazzini&lt;br&gt;Cauliflower w/Cheese&lt;br&gt;Brownie&lt;br&gt;Grape Drink</td>
<td><strong>Meal C</strong>&lt;br&gt;Chicken a la King&lt;br&gt;Turkey Tetrazzini&lt;br&gt;Cauliflower w/Cheese&lt;br&gt;Brownie&lt;br&gt;Grape Drink</td>
<td><strong>Meal C</strong>&lt;br&gt;Chicken a la King&lt;br&gt;Turkey Tetrazzini&lt;br&gt;Cauliflower w/Cheese&lt;br&gt;Brownie&lt;br&gt;Grape Drink</td>
<td><strong>Meal C</strong>&lt;br&gt;Chicken a la King&lt;br&gt;Turkey Tetrazzini&lt;br&gt;Cauliflower w/Cheese&lt;br&gt;Brownie&lt;br&gt;Grape Drink</td>
</tr>
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</table>

**Day 2**

<table>
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<tr>
<th><strong>Day 2</strong></th>
<th><strong>Day 3</strong></th>
<th><strong>Day 4</strong></th>
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</thead>
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<tr>
<td><strong>Meal A</strong>&lt;br&gt;Dried Peaches&lt;br&gt;Ham&lt;br&gt;Cornflakes&lt;br&gt;Orange-Pineapple Drink&lt;br&gt;Cocoa</td>
<td><strong>Meal A</strong>&lt;br&gt;Dried Peaches&lt;br&gt;Ham&lt;br&gt;Cornflakes&lt;br&gt;Orange-Pineapple Drink&lt;br&gt;Cocoa</td>
<td><strong>Meal A</strong>&lt;br&gt;Dried Peaches&lt;br&gt;Ham&lt;br&gt;Cornflakes&lt;br&gt;Orange-Pineapple Drink&lt;br&gt;Cocoa</td>
</tr>
<tr>
<td><strong>Meal B</strong>&lt;br&gt;Ham&lt;br&gt;Cheese Spread&lt;br&gt;Tortilla x2&lt;br&gt;Pineapple&lt;br&gt;Cashews&lt;br&gt;Strawberry Drink</td>
<td><strong>Meal B</strong>&lt;br&gt;Ham&lt;br&gt;Cheese Spread&lt;br&gt;Tortilla x2&lt;br&gt;Pineapple&lt;br&gt;Cashews&lt;br&gt;Strawberry Drink</td>
<td><strong>Meal B</strong>&lt;br&gt;Ham&lt;br&gt;Cheese Spread&lt;br&gt;Tortilla x2&lt;br&gt;Pineapple&lt;br&gt;Cashews&lt;br&gt;Strawberry Drink</td>
</tr>
<tr>
<td><strong>Meal C</strong>&lt;br&gt;Chicken a la King&lt;br&gt;Turkey Tetrazzini&lt;br&gt;Cauliflower w/Cheese&lt;br&gt;Brownie&lt;br&gt;Grape Drink</td>
<td><strong>Meal C</strong>&lt;br&gt;Chicken a la King&lt;br&gt;Turkey Tetrazzini&lt;br&gt;Cauliflower w/Cheese&lt;br&gt;Brownie&lt;br&gt;Grape Drink</td>
<td><strong>Meal C</strong>&lt;br&gt;Chicken a la King&lt;br&gt;Turkey Tetrazzini&lt;br&gt;Cauliflower w/Cheese&lt;br&gt;Brownie&lt;br&gt;Grape Drink</td>
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</table>

**Day 3**

<table>
<thead>
<tr>
<th><strong>Day 3</strong></th>
<th><strong>Day 4</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meal A</strong>&lt;br&gt;Dried Apricots&lt;br&gt;Breakfast Roll&lt;br&gt;Chocolate Instant Drink&lt;br&gt;Grapefruit Drink&lt;br&gt;Cocoa</td>
<td><strong>Meal A</strong>&lt;br&gt;Dried Peaches&lt;br&gt;Ham&lt;br&gt;Cornflakes&lt;br&gt;Orange-Pineapple Drink&lt;br&gt;Cocoa</td>
</tr>
<tr>
<td><strong>Meal B</strong>&lt;br&gt;Turkey Salad Spread&lt;br&gt;Tortilla x2&lt;br&gt;Peaches&lt;br&gt;Granola Bar&lt;br&gt;Lemonade&lt;br&gt;Trail Mix</td>
<td><strong>Meal B</strong>&lt;br&gt;Dried beef&lt;br&gt;Cheese Spread&lt;br&gt;Applesauce&lt;br&gt;Peanuts&lt;br&gt;Tropical Punch</td>
</tr>
<tr>
<td><strong>Meal C</strong>&lt;br&gt;Spaghetti w/Meat Sauce&lt;br&gt;Italian Vegetables&lt;br&gt;Butterscotch Pudding&lt;br&gt;Orange Drink&lt;br&gt;Peach Ambrosia&lt;br&gt;Tropical Punch</td>
<td><strong>Meal C</strong>&lt;br&gt;Teriyaki Chicken&lt;br&gt;Rice and Chicken&lt;br&gt;Green Beans and Broccoli&lt;br&gt;Peach Ambrosia&lt;br&gt;Tropical Punch</td>
</tr>
</tbody>
</table>
**Appendix E: International Space Station Standard Menu**

(4 days of a 30-day menu)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meal A</strong></td>
<td><strong>Meal A</strong></td>
<td><strong>Meal A</strong></td>
<td><strong>Meal A</strong></td>
</tr>
<tr>
<td>Eggs Scrambled</td>
<td>Cereal, cold</td>
<td>French Toast</td>
<td>Cereal, hot</td>
</tr>
<tr>
<td>w/Bacon, Hash</td>
<td>Yogurt, fruit</td>
<td>Canadian Bacon</td>
<td>Cinnamon Roll</td>
</tr>
<tr>
<td>Browns, Sausage</td>
<td>Biscuit</td>
<td>Margarine</td>
<td>Milk</td>
</tr>
<tr>
<td>Toast</td>
<td>Margarine</td>
<td>Syrup</td>
<td>Grape Juice</td>
</tr>
<tr>
<td>Margarine</td>
<td>Jelly, assorted</td>
<td>Orange Juice</td>
<td>Coffee/Tea/Cocoa</td>
</tr>
<tr>
<td>Jelly, Assorted</td>
<td></td>
<td>Coffee/Tea/Cocoa</td>
<td></td>
</tr>
<tr>
<td>Apple Juice</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coffee/Tea/Cocoa</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Meal B</strong></td>
<td><strong>Meal B</strong></td>
<td><strong>Meal B</strong></td>
<td><strong>Meal B</strong></td>
</tr>
<tr>
<td>Chicken, oven-fried</td>
<td>Soup, cream of broccoli</td>
<td>Cheese Manicotti w/</td>
<td>Quiche Lorraine</td>
</tr>
<tr>
<td>Macaroni and Cheese</td>
<td>Beef Patty</td>
<td>Tomato Sauce</td>
<td>Seasoned Rye Krisp</td>
</tr>
<tr>
<td>Corn, whole kernel</td>
<td>Cheese Slice</td>
<td>Garlic Bread</td>
<td>Fresh Orange</td>
</tr>
<tr>
<td>Peaches</td>
<td>Sandwich Bun</td>
<td>Berry Medley</td>
<td>Cookies, Butter</td>
</tr>
<tr>
<td>Almonds</td>
<td>Pretzels</td>
<td>Cookie, shortbread</td>
<td></td>
</tr>
<tr>
<td>Pineapple-Grapefruit</td>
<td>Cried Apples</td>
<td>Lemonade</td>
<td></td>
</tr>
<tr>
<td>Juice</td>
<td>Vanilla Pudding</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Meal C</strong></td>
<td><strong>Meal C</strong></td>
<td><strong>Meal C</strong></td>
<td><strong>Meal C</strong></td>
</tr>
<tr>
<td>Beef Fajita</td>
<td>Fish, saut ed</td>
<td>Turkey Breast, sliced</td>
<td>Soup, won ton</td>
</tr>
<tr>
<td>Spanish Rice</td>
<td>Tartar Sauce</td>
<td>Mashed Sweet Potato</td>
<td>Chicken Teriyaki</td>
</tr>
<tr>
<td>Tortilla Chips</td>
<td>Lemon Juice</td>
<td>Asparagus Tips</td>
<td>Chinese Vegetables, stir-fry</td>
</tr>
<tr>
<td>Picante Sauce</td>
<td>Pasta Salad</td>
<td>Cornbread</td>
<td>Egg Rolls</td>
</tr>
<tr>
<td>Chili con Queso</td>
<td>Green Beans</td>
<td>Pumpkin Pie</td>
<td>Hot Chinese Mustard</td>
</tr>
<tr>
<td>Tortilla</td>
<td>Bread</td>
<td>Cherry Drink</td>
<td>Sweet n Sour Sauce</td>
</tr>
<tr>
<td>Lemon Bar</td>
<td>Margarine</td>
<td></td>
<td>Vanilla Ice Cream</td>
</tr>
<tr>
<td>Apple Cider</td>
<td>Angel Food Cake</td>
<td></td>
<td>Cookies, fortune</td>
</tr>
<tr>
<td></td>
<td>Strawberries</td>
<td></td>
<td>Tea</td>
</tr>
<tr>
<td></td>
<td>Orange-Pineapple Drink</td>
<td></td>
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</table>
Appendix F:
Space Tortilla Formulation (Recipe)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>% by Mass</th>
</tr>
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<tbody>
<tr>
<td>Wheat</td>
<td>61.79</td>
</tr>
<tr>
<td>Water</td>
<td>26.58</td>
</tr>
<tr>
<td>Glycerin</td>
<td>4.02</td>
</tr>
<tr>
<td>Shortening</td>
<td>3.71</td>
</tr>
<tr>
<td>Mono/Diglycerides</td>
<td>1.24</td>
</tr>
<tr>
<td>Salt</td>
<td>0.99</td>
</tr>
<tr>
<td>Baking Powder</td>
<td>0.87</td>
</tr>
<tr>
<td>Dough Conditioner</td>
<td>0.31</td>
</tr>
<tr>
<td>Fumaric Acid</td>
<td>0.19</td>
</tr>
<tr>
<td>Potassium Sorbate</td>
<td>0.15</td>
</tr>
<tr>
<td>Carboxymethyl Cellulose</td>
<td>0.12</td>
</tr>
<tr>
<td>Calcium Propionate</td>
<td>0.03</td>
</tr>
<tr>
<td></td>
<td>100.00%</td>
</tr>
</tbody>
</table>

Preparation:
1. Dry ingredients are combined in a mixer using the wire beater attachments on a stir setting for 1 minute.
2. Shortening and mono/diglycerides are then added and blended to cornmeal consistency. Mix about 3—5 minutes using the wire beater attachment on speed 2.
3. Fumaric acid and potassium sorbate are weighed separately, added to 100 ml water, and set aside.
4. Glycerin and the remainder of water are combined and added to the mix using the dough hook attachment.
5. The fumaric acid and potassium sorbate solution is added to the dough and mixed on speed 2. Mix for about 10 minutes.
6. After mixing, allow the dough to rest 5 minutes, and then divide into 32 equal portions using a dough divider.
7. Round each individual piece by hand, place into muffin pans, and cover with plastic wrap.
8. Place into a 35.5-degree Celsius proofing chamber for 1 to 2 hours.
9. Dust each dough ball lightly with flour, and then form in a tortilla press.

Cooking:
10. Place pressed tortilla in a preheat frying pan (190—204 degrees Celsius).
11. When uncooked surface begins to bubble, flip tortilla to cook the other side.
12. After both sides are baked, remove tortillas to a cool surface lined with waxed paper and allow to cool. Turn the tortillas to prevent condensation from forming between the waxed paper and the tortilla.

Packaging:
13. After cooling to room temperature, two tortillas are folded in half and placed in a three-ply foil laminate pouch (outside diameter: 6 1/2 X 8 1/8 ).
14. Insert an oxygen absorber into each pouch before the sealing operation.
15. Place the filled pouch in a vacuum seal chamber and back-flush with nitrogen three times and seal at 10 in. Hg vacuum.
Appendix G:
USDA Food Guide Pyramid

Fats, Oil & Sweets
USE SPARINGLY

Milk, Yogurt & Cheese Group
2-3 SERVINGS

Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS

Fruit Group
2-4 SERVINGS

Bread, Cereal, Rice & Pasta Group
6-11 SERVINGS

KEY

Fat (naturally occurring and added)
Sugar (added)
These symbols show fats and added sugars in foods.

Source: U.S. Department of Agriculture/Department of Health and Human Services
References


Visit [http://www.jsc.nasa.gov/pao/factsheets/#NP](http://www.jsc.nasa.gov/pao/factsheets/#NP) to download the following NASA Publication and Fact Sheet:


NASA, Living in the Space Shuttle, NASA Facts, FS-1995-08-001-JSC, Johnson Space Center, Houston, TX, June 1996.

Please visit [http://spacelink.nasa.gov/space.food](http://spacelink.nasa.gov/space.food) for a wealth of information on the NASA space food program. Also visit NASA Spacelink ([http://spacelink.nasa.gov](http://spacelink.nasa.gov)) to find the following food lists as well as other information related to the NASA space food program:

- Apollo Food and Beverage List
- Skylab Food and Beverage List
NASA's Central Operation of Resources for Educators (CORE) was established for the national and international distribution of NASA-produced educational materials in audiovisual format. Educators can obtain a catalog and an order form by one of the following methods:

- NASA CORE
  - Lorain County Joint Vocational School
  - 15181 State Route 58
  - Oberlin, OH 44074-9799
  - Phone: (440) 775-1400
  - Fax: (440) 775-1460
  - E-mail: nasaco@leeca.esu.k12.oh.us
  - Home Page: http://spacelink.nasa.gov/CORE

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To make additional information available to the education community, the NASA Education Division has created the NASA Educator Resource Center (ERC) network. ERCs contain a wealth of information for educators: publications, reference books, slide sets, audio cassettes, videotapes, telelecture programs, computer programs, lesson plans, and teacher guides with activities. Educators may preview, copy, or receive NASA materials at these sites. Because each NASA Field Center has its own areas of expertise, no two ERCs are exactly alike. Phone calls are welcome if you are unable to visit the ERC that serves your geographic area. A list of the centers and the regions they serve includes:

- **AK, AZ, CA, HI, ID, MT, NV, OR, UT, WA, WY**
  - NASA Educator Resource Center
  - Mail Stop 253-2
  - NASA Ames Research Center
  - Moffett Field, CA 94035-1000
  - Phone: (650) 604-3574

- **CT, DE, DC, ME, MD, MA, NH, NJ, NY, PA, RI, VT**
  - NASA Educator Resource Laboratory
  - Mail Code 130.3
  - NASA Goddard Space Flight Center
  - Greenbelt, MD 20771-0001
  - Phone: (301) 286-8570

- **CO, KS, NE, NM, ND, OK, SD, TX**
  - JSC Educator Resource Center
  - Space Center Houston
  - NASA Johnson Space Center
  - 1601 NASA Road One
  - Houston, TX 77058-3696
  - Phone: (281) 483-8696

- **FL, GA, PR, VI**
  - NASA Educator Resource Laboratory
  - Mail Code ERL
  - NASA Kennedy Space Center
  - Kennedy Space Center, FL 32899-0001
  - Phone: (407) 867-4090

- **KY, NC, SC, VA, WV**
  - Virginia Air and Space Museum
  - NASA Educator Resource Center
  - NASA Langley Research Center
  - 600 Settler’s Landing Road
  - Hampton, VA 23669-4033
  - Phone: (757) 727-0900 x 757

- **IL, IN, MI, MN, OH, WI**
  - NASA Educator Resource Center
  - Mail Stop 253-2
  - NASA Educator Resource Center
  - Building 1200
  - NASA John C. Stennis Space Center
  - Stennis Space Center, MS 39529-6000
  - Phone: (228) 688-3338

- **AL, AR, IA, LA, MO, TN**
  - U.S. Space and Rocket Center
  - NASA Marshall Space Flight Center
  - P.O. Box 070015
  - Huntsville, AL 35807-7015
  - Phone: (205) 544-5812

- **MS**
  - NASA Educator Resource Center
  - Building 1200
  - NASA John C. Stennis Space Center
  - Stennis Space Center, MS 39529-6000
  - Phone: (228) 688-3338

- **CA cities near the center**
  - NASA Educator Resource Center
  - NASA Jet Propulsion Laboratory
  - 4800 Oak Grove Drive
  - Pasadena, CA 91109-8099
  - Phone: (818) 354-6916

- **NASA Dryden Flight Research Center**
  - 45108 N. 3rd Street East
  - Lancaster, CA 93535
  - Phone: (805) 948-7347
Regional Educator Resource Centers (RERCs) offer more educators access to NASA educational materials. NASA has formed partnerships with universities, museums, and other educational institutions to serve as RERCs in many states. A complete list of RERCs is available through CORE, or electronically via NASA Spacelink at http://spacelink.nasa.gov

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NASA’s Education Home Page serves as a cyber-gateway to information regarding educational programs and services offered by NASA for educators and students across the United States. This high-level directory of information provides specific details and points of contact for all of NASA’s educational efforts and Field Center offices.

Educators and students utilizing this site will have access to a comprehensive overview of NASA’s educational programs and services, along with a searchable program inventory that has cataloged NASA’s educational programs. NASA’s on-line resources specifically designed for the educational community are highlighted, as well as home pages offered by NASA’s four areas of research and development (including the Aero-Space Technology, Earth Science, Human Exploration and Development of Space, and Space Science Enterprises).

Visit this resource at the following address: http://education.nasa.gov

NASA Spacelink
NASA Spacelink is one of NASA’s electronic resources specifically developed for the educational community. Spacelink is a virtual library in which local files and hundreds of NASA World Wide Web links are arranged in a manner familiar to educators. Using the Spacelink search engine, educators can search this virtual library to find information regardless of its location within NASA. Special events, missions, and intriguing NASA web sites are featured in Spacelink’s Hot Topics and Cool Picks areas. Spacelink is the official home to electronic versions of NASA’s Educational Products. NASA educator guides, educational briefs, lithographs, and other materials are cross-referenced throughout Spacelink with related topics and events. Spacelink is also host to the NASA Television Education File schedule. NASA Educational Products can be accessed at the following address: http://spacelink.nasa.gov/products

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NASA Television (NTV) features Space Shuttle mission coverage, live special events, interactive educational live shows, electronic field trips, aviation and space news, and historical NASA footage. Programming has a 3-hour block Video (News) File, NASA Gallery, and Education File beginning at noon Eastern and repeated three more times throughout the day.

The Education File features programming for teachers and students on science, mathematics, and technology, including NASA . . . On the Cutting Edge, a series of educational live shows. Spacelink is also host to the NTV Education File schedule at: http://spacelink.nasa.gov/NTV/News/

These interactive live shows let viewers electronically explore the NASA Centers and laboratories or anywhere scientists, astronauts, and researchers are using cutting-edge aerospace technology. The series is free to registered educational institutions. The live shows and all other NTV programming may be taped for later use.
NTV Weekday Programming Schedules
(Eastern Times)

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<thead>
<tr>
<th>Video File</th>
<th>NASA Gallery</th>
<th>Education File</th>
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<tr>
<td>12—1 p.m.</td>
<td>1—2 p.m.</td>
<td>2—3 p.m.</td>
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<tr>
<td>3—4 p.m.</td>
<td>4—5 p.m.</td>
<td>5—6 p.m.</td>
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<td>6—7 p.m.</td>
<td>7—8 p.m.</td>
<td>8—9 p.m.</td>
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<tr>
<td>9—10 p.m.</td>
<td>10—11 p.m.</td>
<td>11—12 p.m.</td>
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Live feeds preempt regularly scheduled programming. Check the Internet for program listings at:

http://www.nasa.gov/ntv/ NTV Home Page
http://www.nasa.gov/ Select Today at NASA and
What’s New on NASA TV?
http://spacelink.nasa.gov/NASA.News/—Select TV Schedules

Via satellite GE-2 Satellite, Transponder 9C at 85 degrees West longitude, vertical polarization, with a frequency of 3880.0 megahertz (MHz) and audio of 6.8 MHz or through collaborating distance learning networks and local cable providers.

For more information on NTV, contact:

NASA TV
NASA Headquarters
Code P-2
Washington, DC 20546-0001
Phone: (202) 358-3572

For more information on the educational live shows, contact:

NASA . . . On the Cutting Edge
NASA Teaching From Space Program
308-A, Watkins CITD Building
Oklahoma State University
Stillwater, OK 74078-8089
E-mail: edge@aesp.nasa.okstate.edu

How to Access NASA’s Education Materials and Services, EP-1998-03-345-HQ

This brochure serves as a guide to accessing a variety of NASA materials and services for educators. Copies are available through the ERC network, or electronically via NASA Spacelink. NASA Spacelink can be accessed at the following address: http://spacelink.nasa.gov
Space Food and Nutrition
An Educator’s Guide in Science and Mathematics

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You will then be asked to enter your data at the appropriate prompt.

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1. With what grades did you use the educator guide?
Number of Teachers/Faculty:

   K-4   5-8   9-12   Community College
   College/University - Undergraduate Graduate

Number of Students:

   K-4   5-8   9-12   Community College
   College/University - Undergraduate Graduate

Number of Others:

   Administrators/Staff Parents Professional Groups
   General Public Civic Groups Other

2. What is your home 5- or 9-digit zip code? __ __ __ __ __ — __ __ __ __

3. This is a valuable educator guide?
   - Strongly Agree   - Agree   - Neutral   - Disagree   - Strongly Disagree

4. I expect to apply what I learned in this educator guide.
   - Strongly Agree   - Agree   - Neutral   - Disagree   - Strongly Disagree

5. What kind of recommendation would you make to someone who asks about this educator guide?
   - Excellent   - Good   - Average   - Poor   - Very Poor

6. How did you use this educator guide?
   - Background Information   - Critical Thinking Tasks
   - Demonstrate NASA Materials   - Demonstration
   - Group Discussions   - Hands-On Activities
   - Integration Into Existing Curricula   - Interdisciplinary Activity
   - Lecture   - Science and Mathematics
   - Team Activities   - Standards Integration
   - Other: Please specify: ____________________________________________

7. Where did you learn about this educator guide?
   - NASA Educator Resource Center
   - NASA Central Operation of Resources for Educators (CORE)
   - Institution/School System
   - Fellow Educator
   - Workshop/Conference
   - Other: Please specify: ____________________________________________

8. What features of this educator guide did you find particularly helpful?
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

9. How can we make this educator guide more effective for you?
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

10. Additional comments:
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

Today’s Date: ____________________________   EG-1999-02-115-HQ