

LIFE IN SPACE

Living in Space

Astronauts living at the International Space Station have to do all of the regular daily things they would do on Earth. They eat several times a day, use the washroom, sleep, and exercise to stay healthy.

Of course, they are also living in microgravity (seems weightless, almost no gravity) so these tasks aren't as simple as they would be on Earth.

The International Space Station

The International Space Station, or ISS, is a spacecraft that orbits the Earth. It is a collaboration between several international space agencies, and astronauts from all over the world live in it for periods of time.

There is enough room on the craft for six people, plus visitors, and those on board can conduct scientific research in space. Astronauts usually live on the ISS for about six months at a time.

Eating in Space

It's not as easy to go and grab some food for a meal when you live in space on the ISS. Due to microgravity, food has to be specially designed for space so crumbs and liquids are not floating away.



Photo of Earth From Space

Food on the ISS has to meet certain requirements. It has to be lightweight, nutritious, tasty, wet or sticky (to stop those floating crumbs!), compact, and processed or pasteurized to make sure it will be good for the whole journey.

What's on the Menu?

Some foods can be eaten the same way in space as they are on Earth, such as fruits, vegetables, nuts, dried fruits and meat. Other foods have to be rehydrated before they can be consumed, such as beverages and spinach. When astronauts drink in space, they have to use a special straw and drink right from the packaging.

Meal supplies are planned out so there is enough for three meals a day and one snack. Depending on the astronaut, they get anywhere from 1,900 to 3,200 calories per day.

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Table of Contents Nonfiction Articles About College

1. Understanding the eBook Nonfiction Articles About College
 - The Rise of Digital Reading Nonfiction Articles About College
 - Advantages of eBooks Over Traditional Books
2. Identifying Nonfiction Articles About College
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nonfiction Articles About College
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nonfiction Articles About College
 - Personalized Recommendations
 - Nonfiction Articles About College User Reviews and Ratings

- Nonfiction Articles About College and Bestseller Lists
- 5. Accessing Nonfiction Articles About College Free and Paid eBooks
 - Nonfiction Articles About College Public Domain eBooks
 - Nonfiction Articles About College eBook Subscription Services
 - Nonfiction Articles About College Budget-Friendly Options
- 6. Navigating Nonfiction Articles About College eBook Formats
 - ePub, PDF, MOBI, and More
 - Nonfiction Articles About College Compatibility with Devices
 - Nonfiction Articles About College Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nonfiction Articles About College
 - Highlighting and Note-Taking Nonfiction Articles About College
 - Interactive Elements Nonfiction Articles About College
- 8. Staying Engaged with Nonfiction Articles About College
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nonfiction Articles About College
- 9. Balancing eBooks and Physical Books Nonfiction Articles About College
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nonfiction Articles About College
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Nonfiction Articles About College
 - Setting Reading Goals Nonfiction Articles About College
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nonfiction Articles About College
 - Fact-Checking eBook Content of Nonfiction Articles About College
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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