1. Design a healthy meal for an astronaut on the International Space Station (ISS). It must be:

* Suitable for space, e.g. no messy liquids or crumbs
* Nutritious and balanced (remember the Eatwell Plate)
* A meal the astronauts will look forward to, not too mushy or bland

Here is the link to a video on what it is like to live on the ISS.

<https://www.youtube.com/watch?v=XkM_04Ch76E>

2. What would you bring with you if you had to live on a space station for 6 months?

* Draw a picture of your suitcase.

1. Act out some everyday activities as if you were in space, e.g. brushing your teeth, brushing your hair, going to bed, moving across the room, washing your face, eating