

From Farm to Space Activity Checklist

September 2020

Complete and check off at least 15 out of 20 items and return to the Lancaster Farmers Market or the Keller Market House by Saturday, October 3rd at 11:00 am.

Name _____

Email _____

Phone Number _____

Activities:

_____ 1. Review **USDA Nutrition Guidelines**. (*separate handout or see F2S website*)
Do you eat all the recommended foods? _____

_____ 2. Visit the **Lancaster Farmers Market**. (Saturday mornings 8:30 am - 12:00 pm on Chestnut Street between Broad & Columbus)
What is your favorite vegetable sold at the market? _____

_____ 3. Visit the **Keller Market House**. (134 S Columbus St, Lancaster, OH)
Name your favorite item for sale at the Market House. _____

Space Nutrition Booklet:

<https://science.nasa.gov/science-pink/s3fs-public/atoms/files/Space%20Nutrition%20Book.pdf>

_____ 4. Read **NASA Space Nutrition Booklet Section 1: History of Space Flight and Space Food**.
How many astronauts flew on the Apollo Missions? _____

_____ 5. Read **NASA Space Nutrition Booklet Section 2: Research and Basic Steps in Science**.
Name three steps needed in any scientific discovery.

_____ 6. Read **NASA Space Nutrition Booklet Section 3: Space Nutrition**.
What are two important nutritional requirements for humans on extended space missions? _____

_____ 7. **Read NASA Space Nutrition Booklet Section 4: Bio Labs aboard the ISS.**
Why do astronauts need to exercise more in space?

ISS Activity Booklet: ISS Activity Book (2 MB):

<https://science.nasa.gov/science-pink/s3fs-public/atoms/files/ISS%20Activity%20Book.pdf>

_____ 8. Complete 12 activities in the NASA ISS Activity Booklet.
Name two things you learned about the ISS.

SFSL Video: <https://www.youtube.com/watch?v=6vVle67Tfjc>

_____ 9. Watch the NASA Space Food Systems Laboratory Video.
Do you think you would like to eat space food? _____

_____ 10. Complete the **word search puzzle** based on the SFSL video. (*separate
handout or see F2S website*)
What was the most difficult word in this puzzle? _____

ISS Update video part 1: <https://www.youtube.com/watch?v=JGQ344xx6rM>

_____ 11. Watch the ISS Update Video: Packaging and Preparing Space Food Part 1
Who cooks the food sent to space? _____

ISS Update video part 2: <https://www.youtube.com/watch?v=jLQSYZVT0c4>

_____ 12. Watch the ISS Update Video: Packaging and Preparing Space Food Part 2
How does the prepared food get to the ISS? _____

Find dates and times of ISS passes:

_____ 13. Watch for at least two ISS Passes. You can find the dates and times here:
<https://spotthestation.nasa.gov/>
When did you see the ISS? _____

Visit: NASA Food for Space

https://www.nasa.gov/audience/forstudents/postsecondary/features/F_Food_for_Space_Flight.html

_____ 14. On the ISS, the astronauts choose a _____ day repeating menu for their missions.

Visit: NASA ISS Past Expeditions

https://www.nasa.gov/mission_pages/station/expeditions/past.html

_____ 15. Name the date of the first ISS mission _____

Visit: NASA Space Food Site

<http://spaceflight.nasa.gov/living/spacefood/index.html>

_____ 16. How many ingredients are in the recipe linked from this page? _____

Visit: NASA Space Center

<https://spacecenter.org/space-food-from-creation-to-consumption/>

_____ 17. What form of “bread” do astronauts on ISS prefer? _____

Visit: Nutrition guidelines

<https://www.nal.usda.gov/fnic/dietary-guidelines>

_____ 18. What is HEI? _____

_____ 19. **Complete your coloring contest entry.** (*separate handout or see F2S website*)

_____ 20. **Create a space food recipe.** Cook your recipe and suggest further processing for use of your recipe on the ISS (see “The Astronauts Cookbook, Bourland and Vogt, for ideas) What is your recipe? _____