

## Video zone – Space snack time with Samantha Cristoforetti

### Instructions

Do the preparation task first. Then watch the video and do Task 1. You can also read the transcript.

### Preparation task

Match the definitions (a–h) with the vocabulary (1–8).

<b>Vocabulary</b>	<b>Definition</b>
1. .... a power bar	a. to get something quickly
2. .... to rehydrate	b. a small amount of food that you eat between meals
3. .... nutritious food	c. breakfast, lunch and dinner
4. .... to grab	d. a type of snack which gives you energy
5. .... meals	e. healthy food
6. .... rocket science	f. to restore liquid to something that has been dehydrated
7. .... rocket fuel	g. energy food
8. .... a snack	h. something that is difficult to do or understand

### Task 1 – True or false?

Decide if the sentences are true or false.

	<b>Answers</b>	
1. Node 1 is a place on the International Space Station where the astronauts eat together.	<i>True</i>	<i>False</i>
2. A snack can be eaten either mid-morning or mid-afternoon.	<i>True</i>	<i>False</i>
3. Fruit eaten on the space station is all fresh.	<i>True</i>	<i>False</i>
4. Dried apple on the space station looks like it would on Earth.	<i>True</i>	<i>False</i>
5. Seeds and nuts are not a good idea for a healthy snack.	<i>True</i>	<i>False</i>
6. Samantha Cristoforetti has a special power bar made for her by a chef called Stefano Potato.	<i>True</i>	<i>False</i>
7. The power bar contains healthy ingredients such as chocolate, wholegrain cereals and fruits.	<i>True</i>	<i>False</i>
8. Eating healthy snacks at snack time gives your body energy.	<i>True</i>	<i>False</i>

### Discussion

Would you like to be an astronaut? What are your favourite snacks?

## Transcript

**Samantha Cristoforetti, ESA Astronaut:** Hello and welcome to Node 1, the place on the International Space Station where we have our meals together and it is also the place we can come mid-afternoon or mid-morning to quickly grab a snack. I'd like to show you some ideas of healthy snacks that we have here on board the International Space Station.

For example we have plenty of fruit. Most of the time it's not fresh fruit unfortunately. We have fruit, for example this citrus fruit salad in strong stabilised pouches, like this one. Or sometimes we have fruit which needs to be rehydrated, like these strawberries. Or sometimes we have fruit that looks just like it would on Earth, for example this pouch of dried apple, which I like a lot! Seeds and nuts are also great ideas for a healthy snack. Here on board, for example, I have this pumpkin seeds bar and we also have plenty of nuts. How about, for example, some macadamia nuts?

I also have this very special power bar which was made for me by chef Stefano Polato and it contains plenty of very healthy, nutritious ingredients like erm, wholegrain cereals, fruits, dried fruits, nuts, seeds and a special ingredient called spirulina and chef Stefano Polato will also show us how to make this at home! So, snack time is a great opportunity to put the right rocket fuel in your body and as always, don't panic, eating healthy is not rocket science!

## Answers

### Preparation

1. d
2. f
3. e
4. a
5. c
6. h
7. g
8. b

### Task 1 – True or false?

1. True
2. True
3. False
4. True
5. False
6. False
7. False
8. True