Video zone – Space snack time with Samantha Cristoforetti

Instructions

Do the preparation task first. Then watch the video and do Task 1.

Preparation task

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

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

Task 1 – True or false?

Decide if the sentences are true or false.

1. Node 1 is a place on the International Space Station where the astronauts eat together. Answer: True False

2. A snack can be eaten either mid-morning or mid-afternoon. Answer: True False

3. Fruit eaten on the space station is all fresh. Answer: True False

4. Dried apple on the space station looks like it would on Earth. Answer: True False

5. Seeds and nuts are not a good idea for a healthy snack. Answer: True False

6. Samantha Cristoforetti has a special power bar made for her by a chef called Stefano Potato. Answer: True False

7. The power bar contains healthy ingredients such as chocolate, wholegrain cereals and fruits. Answer: True False

8. Eating healthy snacks at snack time gives your body energy. Answer: True False

Discussion

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