

## LIFE IN A SHUTTLE



also wear shorts if they choose.

Astronauts eat three meals a day - breakfast, lunch and dinner. Nutritionists ensure the food they eat will provide them with a balanced supply of vitamins and minerals. Calorie requirements differ for astronauts. There are also many types of foods an astronaut can choose from such as fruits, nuts, peanut butter, chicken, beef, seafood, candy, brownies, etc. Drinks range from coffee, tea, orange juice, fruit punches and lemonade.

As on Earth, space food comes in packages that must be disposed. Astronauts must throw their packages away in a trash compactor inside the space shuttle when they are done eating. Some packaging actually prevents food from flying away. The food packaging is designed to be flexible, easier to use, as well as maximize space when stowing or disposing of food containers.

Onboard the shuttle, crewmembers have many opportunities to relax and play. Like most people who work full time, they get weekends off. On any given day, crewmembers can watch movies, read books, play cards and talk to their families. They also have access to exercise bikes, treadmills and various other types of equipment to help keep their bodies in shape. During their off time, they certainly take time out to play games and generally have a good time.

After a long day at work, just like on Earth, a worker in space goes to bed at night then wakes up the next day and prepares for work all over again. There are a few differences, though.



In space there is no up or down and there is no gravity. As a result, astronauts are weightless and can sleep in any orientation. However, they have to attach themselves to a wall, a seat, or a bunk bed inside the crew cabin so they don't float around and bump into something.

Life support systems on the shuttle provide oxygen, absorb carbon dioxide, and manage vaporous emissions from the astronauts themselves. Without the life support systems the astronauts will die without oxygen.

But the life in a shuttle isn't just relaxed. Shuttle and station astronauts perform many tasks as they orbit the Earth. The space shuttle is a versatile vehicle that provides facilities to perform science experiments, release and capture huge satellites, and even help with the assembly of the International Space Station.

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