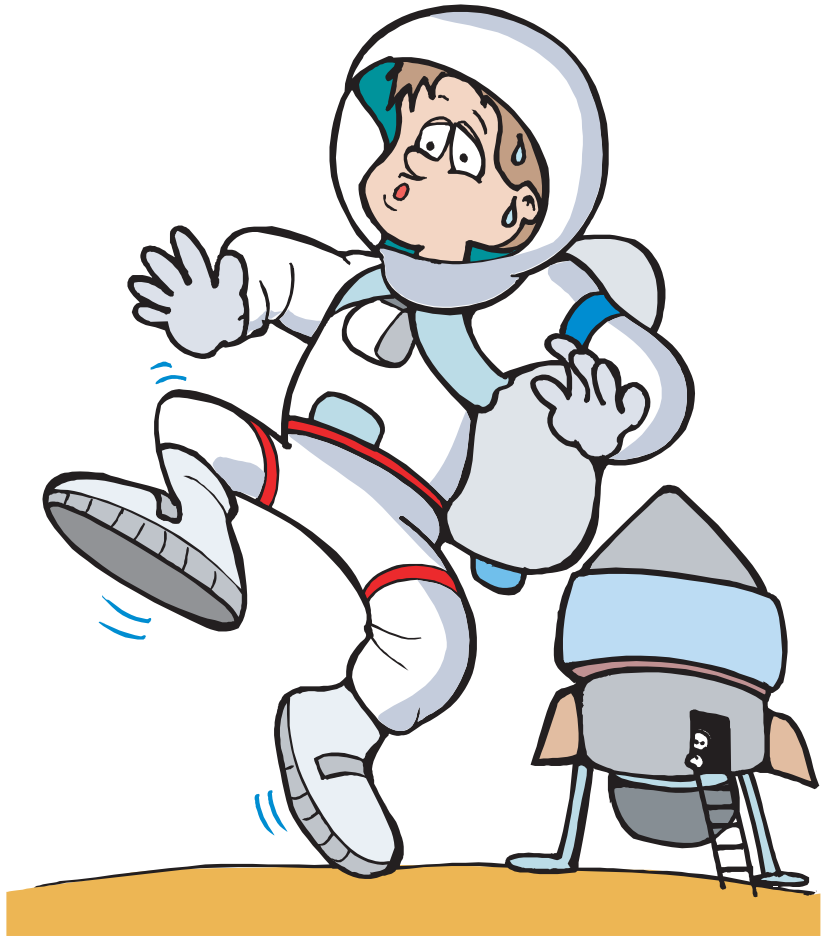


FOOD IN SPACE

What You Need:

- **Samples of “Space Food,”** easily purchased at your local outdoors store or wherever camping food is available. Here are some examples:
 - **Rehydratable Food (a.k.a. Freeze Dried):** Food that the water has been removed to make them lighter and easier to store (i.e., Oatmeal)
 - **Thermostabilized Food:** Food that is heat processed so it can be stored at room temperature (i.e., Fruit Cups, Pudding Cups, Canned Tuna)
 - **Intermediate Moisture Food:** Food that is preserved by taking some water out while leaving enough to keep the food soft (i.e., Dried Fruit, Beef Jerky)
 - **Natural Form Food:** Ready to eat food packaged in flexible pouches (i.e., Granola Bars, Nuts)
 - **Irradiated Food:** Cooked and packaged in flexible foil pouches and sterilized by ionizing radiation so they can be kept at room temperature (i.e., Beef Steak, Smoked Turkey)
 - **Frozen Food:** Quick frozen to prevent build-up of large ice crystals so the food retains its texture and taste (i.e., Quiche, Casserole)
 - **Fresh Food:** Neither processed or artificially preserved but must be eaten within the first few days (i.e., Fruit, Carrots, Celery)



What You Do:

1. Buy enough “space food” for everyone in the classroom to taste test. Be sure to get a wide variety (4 to 6 items).
2. Print these “Taste Panel Evaluation Forms” (see page 2) and lead the children through a taste test of the space food you’ve brought. Use the info above to educate them about the different types (more comprehensive information can also be found online at www.nasa.gov).

SPACE FOOD TASTE PANEL EVALUATION FORM

Food Item	Food Item #1:	Food Item #2:	Food Item #3:	Food Item #4:
Appearance				
Color				
Odor				
Flavor				
Texture				
Overall				
Comments				

High Scores:

- 9- Like Extremely
- 8- Like Very Much
- 7- Like Moderately

Mid Scores:

- 6- Like Slightly
- 5- Neither Like or Dislike
- 4- Dislike Slightly

Low Scores:

- 3- Dislike Moderately
- 2- Dislike Very Much
- 1- Dislike Extremely