

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).

Vocabulary	Definition
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.

	Answers	
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?

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