how miss Dugan hello mr. Elmo how you doing how many times have you been in his face the sea I've been to space two times on 2008 and 2009 on space shuttle Atlantis yeah yeah and spatial looks like this this is space shuttles I could airplane but it's got this goes up in the air and it has two solid rocket boosters and three engines below it and then you have this huge orange tank which has liquid oxygen and liquid hydrogen in it to act as the fuel for the three main engines isn't that cool yeah and so this thing takes off
shakes and launches and goes up and

about two and a half minutes these two

white solid rocket boosters come off

because all the fuel is used up what

happens with the big orange pink in the

middle of a big horse thing when we get
to space the big orange thing comes off

and then it goes into the atmosphere and

burns up and maybe a few pieces land in

the ocean but most of it burns up in the

atmosphere isn't that cool so that's how

we get to space space food hey well look

I have some right here look at this that

is space food in plastic though yeah
yeah all right look at this well but you

do this hisses creamed spinach you take

a needle you put water into this and

expands and then we put it in a heater

and heat it up for about five to ten

minutes see it says two ounces of hot

water five to ten minutes and after 10

minutes you're ready to eat it where

does it come from it comes from we have

a Food Lab at Johnson Space Center

affair they make it there they make a

nutritious and make it healthy they make

it taste the same some other does some

of it tastes the same some of it doesn't

of
because when you go to space your taste

00:02:16,400 --> 00:02:23,920
buds don't work the same like you do

00:02:18,379 --> 00:02:26,299
no but mine did yeah good for me right

00:02:23,919 --> 00:02:29,539
okay so you take the scissors and you

00:02:26,300 --> 00:02:31,880
cut it you get your spoon and you dip it

00:02:29,539 --> 00:02:35,239
down and you put in your mouth you eat

00:02:31,879 --> 00:02:37,879
it isn't it will do the rest your

00:02:35,240 --> 00:02:40,400
favorite food my favorite favorite fruit

00:02:37,879 --> 00:02:43,250
okay here are some green beans and

00:02:40,400 --> 00:02:44,990
mushrooms gotta be sure you got to be

00:02:43,250 --> 00:02:53,270
healthy a space okay but let me tell you

00:02:44,990 --> 00:02:55,010
something that's what's in here

00:02:53,270 --> 00:02:56,960
chocolate pudding cake if I cut this

00:02:55,009 --> 00:02:59,179
open you'll see chocolate cake and

00:02:56,960 --> 00:03:03,310
pudding and you can push it out you can
push it up his face you don't get it

that's not cool but that's a tank food

that's a sometime true also sometimes

food is candy coated penis you like

these you like sometimes food so so

you're happy you're happy happy fruit

you have to eat healthy food because you

want to have strong bones and strong

muscles could have to do spacewalks you

have to do so many things in space and

require good nutrition well thank you

for us to be in effect a memo about

health what kind of food you even speak

you welcome Elmo thank you