

# STEMonstrations



**NUTRITION**

1  
00:00:00,667 --> 00:00:15,348  
[ MUSIC ]

2  
00:00:15,348 --> 00:00:16,516  
>> HELLO, AND WELCOME TO

3  
00:00:16,516 --> 00:00:18,385  
THE INTERNATIONAL SPACE STATION.

4  
00:00:18,385 --> 00:00:20,253  
MY NAME IS SCOTT TINGLE.

5  
00:00:20,253 --> 00:00:21,354  
HERE ON THE SPACE STATION,

6  
00:00:21,354 --> 00:00:22,255  
WE LIVE IN A MICROGRAVITY

7  
00:00:22,255 --> 00:00:23,256  
ENVIRONMENT, WHICH

8  
00:00:23,256 --> 00:00:24,023  
MAKES EATING HERE

9  
00:00:24,023 --> 00:00:26,159  
A VERY UNIQUE EXPERIENCE.

10  
00:00:26,159 --> 00:00:27,160  
TO STAY HEALTHY, WE HAVE TO

11  
00:00:27,160 --> 00:00:28,695  
MAINTAIN A NUTRITIOUS DIET,

12  
00:00:28,695 --> 00:00:29,429  
JUST LIKE WE WOULD

13  
00:00:29,429 --> 00:00:30,630

BACK ON EARTH.

14

00:00:30,630 --> 00:00:31,464

LET'S GO TAKE A LOOK AT

15

00:00:31,464 --> 00:00:32,732

SOME OF OUR FOOD AND DRINKS,

16

00:00:32,732 --> 00:00:33,533

AND CHECK OUT OUR

17

00:00:33,533 --> 00:00:36,536

MEAL PREPARATION AREA.

18

00:00:36,536 --> 00:00:37,504

DURING LONG DURATION

19

00:00:37,504 --> 00:00:38,605

SPACEFLIGHT, WE HAVE TO

20

00:00:38,605 --> 00:00:39,506

MAKE SURE THAT WE RECEIVE

21

00:00:39,506 --> 00:00:40,974

ENOUGH ENERGY, PROTEINS,

22

00:00:40,974 --> 00:00:42,342

AND VITAMINS.

23

00:00:42,342 --> 00:00:43,443

OUR FOOD LAB BACK ON EARTH

24

00:00:43,443 --> 00:00:44,411

MAKES SURE WE GET PLENTY

25

00:00:44,411 --> 00:00:45,545

OF EACH AS THEY CAREFULLY

26

00:00:45,545 --> 00:00:46,446

PREPARE, TEST, AND

27

00:00:46,446 --> 00:00:47,847

PACKAGE EVERYTHING.

28

00:00:47,847 --> 00:00:48,715

WE COMBINE ALL OF THIS

29

00:00:48,715 --> 00:00:49,783

EXCELLENT NUTRITION WITH

30

00:00:49,783 --> 00:00:50,884

EXERCISE TO ENSURE

31

00:00:50,884 --> 00:00:52,318

OUR BODIES STAY HEALTHY

32

00:00:52,318 --> 00:00:54,220

AND STRONG WHILE WE'RE HERE.

33

00:00:54,220 --> 00:00:55,221

WE EAT THREE SQUARE MEALS

34

00:00:55,221 --> 00:00:56,289

A DAY, JUST LIKE WE DO

35

00:00:56,289 --> 00:00:57,791

ON EARTH, AND MAYBE THROW IN

36

00:00:57,791 --> 00:01:00,827

A SNACK OR TWO.

37

00:01:01,928 --> 00:01:02,896

ONE OF MY MOST FAVORITE FOODS

38

00:01:02,896 --> 00:01:06,332

TO EAT ARE NATURAL RAISINS.

39

00:01:06,332 --> 00:01:07,467

HERE ON SPACE STATION,

40

00:01:07,467 --> 00:01:08,701

WE HAVE TO KEEP OUR CALORIES UP

41

00:01:08,701 --> 00:01:09,669

IF WE WANNA GET ALL OUR WORK

42

00:01:09,669 --> 00:01:11,838

DONE, AND THE CARBOHYDRATES

43

00:01:11,838 --> 00:01:14,040

IN THESE RAISINS REALLY HELP.

44

00:01:14,040 --> 00:01:14,908

AND THEY'RE KINDA FUN

45

00:01:14,908 --> 00:01:16,142

TO EAT, TOO.

46

00:01:20,547 --> 00:01:21,714

HOW DO WE STAY HYDRATED

47

00:01:21,714 --> 00:01:23,216

IN MICROGRAVITY?

48

00:01:23,216 --> 00:01:24,951

WITH THESE SPECIAL POUCHES.

49

00:01:24,951 --> 00:01:26,152

THEY'RE FILLED WITH WATER,

50

00:01:26,152 --> 00:01:27,287

AND WE USE A STRAW THAT

51  
00:01:27,287 --> 00:01:28,555  
HAS A ONE-WAY VALVE THAT

52  
00:01:28,555 --> 00:01:29,556  
PREVENTS WATER FROM FLOATING

53  
00:01:29,556 --> 00:01:30,390  
OUT OF THE POUCH WHILE

54  
00:01:30,390 --> 00:01:33,560  
WE'RE NOT DRINKING FROM IT.

55  
00:01:33,560 --> 00:01:34,928  
HERE'S A LIQUID DRINK.

56  
00:01:34,928 --> 00:01:35,728  
THIS IS TROPICAL PUNCH

57  
00:01:35,728 --> 00:01:37,964  
FOR TODAY.

58  
00:01:37,964 --> 00:01:38,832  
I LOVE DRINKIN' FLUIDS

59  
00:01:38,832 --> 00:01:40,600  
ON STATION.

60  
00:01:42,168 --> 00:01:51,845  
[ MUSIC ]

61  
00:01:51,845 --> 00:01:52,879  
HERE ON STATION, WE HAVE

62  
00:01:52,879 --> 00:01:53,713  
A PRETTY COOL FOOD

63  
00:01:53,713 --> 00:01:55,348

PREPARATION AREA.

64

00:01:55,348 --> 00:01:56,416

WE HAVE A PLACE TO GET

65

00:01:56,416 --> 00:01:58,885

FRESH WATER FOR US TO DRINK

66

00:01:58,885 --> 00:01:59,752

OR TO PUT IN OUR

67

00:01:59,752 --> 00:02:01,421

REHYDRATABLE FOODS.

68

00:02:01,421 --> 00:02:02,288

AND WE ALSO HAVE AN OVEN

69

00:02:02,288 --> 00:02:04,123

TO PUT FOOD IN.

70

00:02:04,123 --> 00:02:04,958

WE PICK OUT SOME OF

71

00:02:04,958 --> 00:02:06,893

OUR FAVORITE FOODS--

72

00:02:06,893 --> 00:02:08,461

CHICKEN FAJITA FOR ME--

73

00:02:11,064 --> 00:02:14,767

PUT IT IN THE OVEN...

74

00:02:14,767 --> 00:02:16,936

CLOSE THE DOOR...

75

00:02:16,936 --> 00:02:18,805

AND TURN IT ON.

76

00:02:18,805 --> 00:02:19,706

IN ABOUT 15 MINUTES,

77

00:02:19,706 --> 00:02:21,808

I'M GONNA HAVE A WARM MEAL.

78

00:02:21,808 --> 00:02:22,942

THANKS FOR EXPLORING

79

00:02:22,942 --> 00:02:24,444

A LITTLE NUTRITION WITH ME.

80

00:02:24,444 --> 00:02:25,178

I'M GONNA SEND YOU BACK

81

00:02:25,178 --> 00:02:26,179

TO EARTH SO YOU CAN CREATE

82

00:02:26,179 --> 00:02:28,181

YOUR VERY OWN ASTRONAUT MENUS.