



1

00:00:00,740 --> 00:00:15,050

\h (Music and sound of space shuttle liftoff)

2

00:00:15,050 --> 00:00:17,180

\h Elmo: Hi Mr. Leland!

3

00:00:17,180 --> 00:00:18,720

\h Astronaut Leland Melvin: Hello, Mr. Elmo! How you doing?

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00:00:18,720 --> 00:00:22,010

\h Elmo: Oh, Elmo's great! Mr. Leland, how many times have you been into space?

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00:00:22,010 --> 00:00:26,190

\h Melvin: Let's see. I've been to space two times, in 2008 and 2009,

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00:00:26,190 --> 00:00:28,310

\h on space shuttle Atlantis.

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00:00:28,310 --> 00:00:29,110

\h Elmo: Really!

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00:00:29,110 --> 00:00:31,120

\h Melvin: Yeah. And the space shuttle looks like this.

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00:00:31,120 --> 00:00:34,110

\h The space shuttle looks like an airplane, but it's got

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00:00:34,110 --> 00:00:35,930

\h Elmo: And that all goes up in the air?

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00:00:35,930 --> 00:00:39,800

\h Melvin: It goes up in the air and it has two solid rocket boosters

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00:00:39,800 --> 00:00:44,440

\h and three engines below it, and then you have this huge orange tank which has liquid

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00:00:44,440 --> 00:00:48,990

\h oxygen and liquid hydrogen in it, to act as the fuel for the three main engines.

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00:00:48,990 --> 00:00:50,140

\h Elmo: Really?

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00:00:50,140 --> 00:00:50,910

\h Melvin: Isn't that cool?

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00:00:50,910 --> 00:00:52,500

\h Elmo: That's really cool! Hahaha!

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00:00:52,500 --> 00:00:55,880

\h Melvin: Yeah! And so this thing takes off. It shakes and launches and goes up.

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00:00:55,880 --> 00:01:00,960

\h And at about two-and-a-half minutes, these two white solid rocket boosters come off

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00:01:00,960 --> 00:01:02,980

\h because all the fuel is used up.

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00:01:02,980 --> 00:01:05,490

\h Elmo: Well then what happens with that big orange thing in the middle?

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00:01:05,490 --> 00:01:10,350

\h Melvin: Well the big orange thing, when we get to space, the big orange thing comes off,

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00:01:10,350 --> 00:01:13,360

\h and then it goes into the atmosphere and burns up.

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00:01:13,360 --> 00:01:17,480

\h And maybe a few pieces land in the ocean, but most of it burns up in the atmosphere.

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00:01:17,480 --> 00:01:18,600

\h Elmo: Wow that's cool.

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00:01:18,600 --> 00:01:20,680

\h Melvin: Isn't that cool? So that's how we get to space.

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00:01:20,680 --> 00:01:24,340

\h Elmo: That's cool. Mr. Leland, what does space food look like?

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00:01:24,340 --> 00:01:27,740

\h Melvin: Space food. Let's see. Well, look, I have some right here. Look at that.

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00:01:27,740 --> 00:01:30,650

\h Elmo: Wait a minute! You saying that's space food? (Laughs)

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00:01:30,650 --> 00:01:33,280

\h Melvin: That is space food -- in plastic, though.

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00:01:33,280 --> 00:01:34,160

\h Elmo: Really?

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00:01:34,160 --> 00:01:36,680

\h Melvin: Yeah. All right, look at this. Cream

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00:01:36,680 --> 00:01:39,850

\h Elmo: But it doesn't look very edible. See? (Laughs)

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00:01:39,850 --> 00:01:44,400

\h Melvin: Well, but you do this. This is creamed spinach.

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00:01:44,400 --> 00:01:48,680

\h You take a needle and you put water into this, and it expands.

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00:01:48,680 --> 00:01:54,070

\h And then you put it in a heater and heat it up for about five to 10 minutes.

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00:01:54,070 --> 00:01:57,770

\h See, it says two ounces of hot water, five to 10 minutes,

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00:01:57,770 --> 00:01:59,970

\h and after 10 minutes you're ready to eat it.

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00:01:59,970 --> 00:02:02,140

\h Elmo: But where does it come from?

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00:02:02,140 --> 00:02:05,220

\h Melvin: It comes from. We have a food lab at Johnson Space Center.

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00:02:05,220 --> 00:02:06,420

\h Elmo: Oh, so you make it there?

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00:02:06,420 --> 00:02:09,500

\h Melvin: They make it there. They make it nutritious, they make it healthy,

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00:02:09,500 --> 00:02:10,490

\h they make it so

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00:02:10,490 --> 00:02:12,220

\h Elmo: But does it taste the same?

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00:02:12,220 --> 00:02:14,980

\h Melvin: Some of it does. Some of it tastes the same, some of it doesn't,

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00:02:14,980 --> 00:02:18,360

\h because when you go to space, your taste buds don't work the same like they do.

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00:02:18,360 --> 00:02:19,160

\h Elmo: They don't?

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00:02:19,160 --> 00:02:20,830

\h Melvin: No. But mine did.

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00:02:20,830 --> 00:02:21,560

\h Elmo: Really?

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00:02:21,560 --> 00:02:22,140

\h Melvin: Yeah.

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00:02:22,140 --> 00:02:23,210

\h Elmo: Well good for you!

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00:02:23,210 --> 00:02:25,530

\h Melvin: Good for me, right.

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00:02:25,530 --> 00:02:26,410

\h Elmo: Well how do you eat it?

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00:02:26,410 --> 00:02:29,400

\h Melvin: So you take the scissors and you cut it. And you get your spoon,

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00:02:29,400 --> 00:02:33,140

\h and you dip it down, and you put it in your mouth and you eat it. Isn't that cool?

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00:02:33,140 --> 00:02:36,270

\h Elmo: Really? Well Mr. Leland, what's your favorite food?

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00:02:36,270 --> 00:02:37,840

\h Melvin: My favorite food?

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00:02:37,840 --> 00:02:38,900

\h Elmo: Yeah, your favorite food.

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00:02:38,900 --> 00:02:41,360

\h Melvin: Okay. Here's some green beans and mushrooms.

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00:02:41,360 --> 00:02:43,190

\h Elmo: That's your favorite food?

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00:02:43,190 --> 00:02:45,760

\h Melvin: You've got to be healthy in space, okay? But let me tell you something about my

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00:02:45,760 --> 00:02:50,660

\h favorite food. (Whispering) It's a chocolate pudding cake.

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00:02:50,660 --> 00:02:53,250

\h Elmo: That's what's in there?

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00:02:53,250 --> 00:02:55,760

\h Melvin: That's what's in here! Chocolate pudding cake.

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00:02:55,760 --> 00:02:58,810

\h If I cut this open, you'll see chocolate cake and pudding, and you can push it out and push

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00:02:58,810 --> 00:03:01,420

\h it up in space and (chomp).

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00:03:01,420 --> 00:03:03,240

\h Elmo: And you can jump for it, huh.

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00:03:03,240 --> 00:03:04,590

\h Melvin: And you can go get it. (Laughing)

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00:03:04,590 --> 00:03:05,420

\h Elmo: That's cool!

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00:03:05,420 --> 00:03:06,480

\h Melvin: Isn't that cool?

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00:03:06,480 --> 00:03:07,940

\h Elmo: But that's a sometime food.

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00:03:07,940 --> 00:03:12,590

\h Melvin: That's a sometime food. Also a sometime food is candy-coated peanuts.

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00:03:12,590 --> 00:03:13,900

\h Elmo: Yeah, Elmo loves them too.

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00:03:13,900 --> 00:03:15,360

\h Melvin: You like these? You like sometime food?

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00:03:15,360 --> 00:03:20,340

\h Elmo: Mmhmm. So you have to eat healthy food in space.

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00:03:20,340 --> 00:03:22,520

\h Melvin: You have to eat healthy food because you want to have strong bones

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00:03:22,520 --> 00:03:25,670

\h and strong muscles, because you have to do spacewalks, you have to do so many things

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00:03:25,670 --> 00:03:28,050

\h in space that require good nutrition.

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00:03:28,050 --> 00:03:31,470

\h Elmo: Cool. Well thank you, Mr. Leland, for telling Elmo what kind of foods