



Worksheet 4. Reading: *An Astronaut's Journal*

This reading is based on an entry from astronaut Michael Lopez-Alegria's journal. It was written November 13, 2006 on an expedition to the International Space Station. Read the passage and answer the questions.

Flight Engineer Thomas Reiter and Commander Michael Lopez-Alegria share a meal together. Image credit: NASA



An Astronaut's Journal

We do some ordinary things every day up here in space. For example, we eat three meals a day. The food on the spacecraft is plentiful and **tasty**, but it is not **gourmet** style!

We don't have a refrigerator, and, of course, we are not able to get new food during our flight. All the meals are **dehydrated** or "**canned**" in plastic containers. But, we also have chocolates, **crackers**, cookies, **tortillas** (no bread – too many **crumbs**), various kinds of nuts and other items. Drinks also come in a bag and we prepare them in the same way as the dehydrated food. We have several juices as well as tea, coffee, and, of course, water.

We don't usually eat breakfast together (mine usually consists of juice and coffee), but we usually **pause** for an hour **midday** to have our meal together and almost always have dinner together.

Meals are our **primary** social time together. During the workday we are very busy. We perform our own **tasks** and we work in various **modules aboard** the station. Mealtime discussions range from technical topics to politics.

Circle T if the statement is true. Circle F if the statement is false.

1. T / F Astronauts eat three meals a day.
2. T / F They keep their food in a refrigerator.
3. T / F They eat food from glass containers.
4. T / F They have coffee, tea, and juices as beverages.
5. T / F They always have breakfast together.
6. T / F They never have dinner together.
7. T / F They work next to each other during the day.
8. T / F When they talk, they talk only about their jobs.