

Cosmic Nutrition and Space Dietetics

Dietetics In Space · Answer Key · 15 Questions

1. Which essential nutrient do astronauts need in higher amounts to prevent bone loss in microgravity?

A) Calcium

B) Vitamin C

C) Iron

D) Fiber

2. What is the primary way astronauts drink liquids like water or coffee in space?

A) From a cup

B) Through a straw from a sealed pouch

C) By licking it off a spoon

D) Using a bowl

3. Which planet is known as the 'Red Planet' and has been the target of studies regarding future human food sustainability?

A) Venus

B) Mars

C) Jupiter

D) Saturn

4. What is a major challenge for preserving fresh food during long-duration space missions?

A) Space radiation

B) Weightlessness

C) Lack of oxygen

D) Vacuum of space

5. Which vitamin is often supplemented for astronauts because they lack natural exposure to sunlight?

A) Vitamin D

B) Vitamin K

C) Vitamin B12

D) Biotin

6. What do space-grown lettuce plants require to photosynthesize inside the International Space Station?

- A) Moonlight
- B) Artificial LED light**
- C) Infrared heat
- D) Starlight

7. In space, what happens to the sense of taste for many astronauts?

- A) It becomes more intense
- B) It remains exactly the same
- C) It often becomes dulled**
- D) It disappears completely

8. Which common food item is usually banned on spacecraft because it creates loose crumbs that can damage equipment?

- A) Apples
- B) Bread**
- C) Carrots
- D) Cheese

9. What is the main source of water on the International Space Station?

- A) Supplied by Earth only
- B) Recycled moisture and urine**
- C) Melting space ice
- D) Extracting from asteroids

10. Why is sodium (salt) intake strictly monitored for astronauts in space?

- A) To prevent heart burn
- B) To manage blood pressure and bone density**
- C) To keep the food tasting fresh
- D) To avoid thirst

11. What is the term for growing plants in a nutrient-rich mist instead of soil, used for space agriculture?

- A) Aeroponics**
- B) Hydroponics
- C) Composting
- D) Desert farming

12. Which element is the most abundant in the universe and is a fundamental building block of life's nutrients?

- A) Oxygen
- B) Hydrogen**
- C) Nitrogen
- D) Carbon

13. What do astronauts use to prepare dehydrated meals by adding water?

- A) A microwave
- B) A rehydration station**
- C) A boiling cauldron
- D) A solar oven

14. Which celestial body's gravity is about one-sixth of Earth's, affecting how liquids behave during meal preparation?

- A) The Moon**
- B) Mars
- C) Venus
- D) Jupiter

15. What type of food packaging is used in space to ensure food stays fresh for months or years?

- A) Open cardboard boxes
- B) Hermetically sealed containers**
- C) Glass jars
- D) Woven baskets