

Cosmic Nutrition and Space Dietetics

Dietetics In Space · Practice Test · 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