Cosmic Culinary Science

Culinary Arts · Practice Test · 15 Questions

1. What was the first solid food eaten by an American astronaut in space during the Mercury-Atlas 6 mission in 1962?

A) Applesauce
B) Chocolate bar
C) Beef jerky
D) Dried strawberries

2. Which specific type of bread was banned from NASA space missions in the 1960s because of the dangerous crumbs it produced?

A) Sourdough
B) Rye
C) White sandwich bread
D) Pumpernickel

3. What is the primary method used to preserve food for the International Space Station to ensure it remains shelf-stable for months?

A) Freeze-drying
B) Canning in glass
C) Pickling
D) Deep freezing

4. Due to the lack of gravity in space, what physiological effect causes astronauts to crave spicy and flavorful foods?

A) Increased thirst
B) Loss of smell and taste sensitivity
C) Hyper-acidity
D) Faster metabolism

5. Which common condiment was famously prohibited on early space flights because its particles could float and damage electronic equipment?

A) Mustard
B) Ketchup
C) Salt and pepper
D) Hot sauce

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6. In 1985, which soft drink company sent a specially designed pressurized can to space to test carbonation?

A) Pepsi
B) Coca-Cola
C) Dr Pepper
D) Sprite

7. What is the main reason astronauts use tortillas instead of traditional leavened bread while in orbit?

A) They are cheaper
B) They produce fewer crumbs
C) They have more protein
D) They are easier to toast

8. Which food item was the first to be grown and harvested in space as part of the VEGGIE experiment on the ISS?

A) Zinnia flowers
B) Red romaine lettuce
C) Cherry tomatoes
D) Wheat

9. Which country's space agency developed the 'Space Ramen' (Space Ram) for consumption by astronauts in 2005?

A) Russia
B) USA
C) Japan
D) China

10. How do astronauts effectively consume liquid beverages, such as coffee, in microgravity?

A) Through a straw from a sealed pouch
B) From an open cup with a lid
C) Using a syringe
D) By cooling it to a gel state

11. What is the term for the process of removing moisture from food at low temperatures to keep it lightweight for space travel?

A) Dehydration
B) Lyophilization
C) Pasteurization
D) Irradiation

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12. Which of these fruits was famously smuggled onto the Gemini 3 mission by John Young, causing a minor controversy?

A) Apple
B) Banana
C) Orange
D) Pear

13. What is the primary nutritional concern for astronauts spending long durations in space due to the lack of fresh food?

A) Lack of Vitamin D
B) Iron toxicity
C) Excess sugar intake
D) Protein denaturation

14. How are most meat dishes prepared for the International Space Station to ensure they are safe to eat without refrigeration?

A) Vacuum-sealed and heat-sterilized
B) Cured in salt
C) Smoked
D) Raw

15. In the 1970s, which space station featured an onboard food warmer to improve the quality of meals for long-duration missions?

A) Mir
B) Skylab
C) Salyut 1
D) Tiangong

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