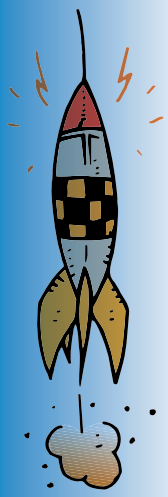
National Aeronautics and Space Administration

Volume 5
Issue 1

Welcome Back!!

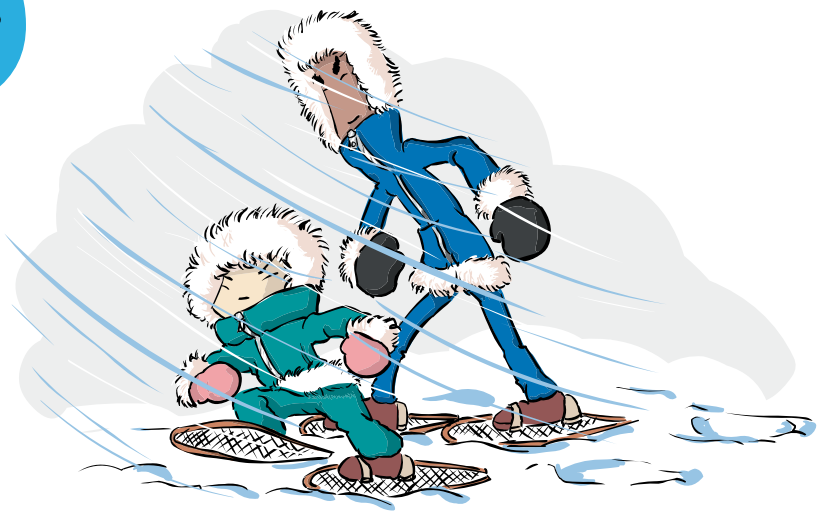


Greetings and welcome back to another year of school - and another volume of the Space Nutrition Newsletter! This is an exciting time at NASA – the Space Shuttle Discovery mission (STS-114) this summer was just incredible – and we're back on the road to exploration!

In the Nutritional Biochemistry Laboratory, we continue to work with the astronauts living on board the International Space Station (ISS) to be sure they are eating a healthy diet, and maintaining good nutritional status. The current mission is the 11th since we started flying crew members on ISS. The Expedition 11 crew includes Commander Sergei Krikalev (Russian cosmonaut) and

Flight Engineer John Phillips (U.S. astronaut). They launched from Russia on a Soyuz rocket to the ISS in April, and will return to the Earth in October! Sergei has the record for most time in space for any human (more than 750 days and counting!).

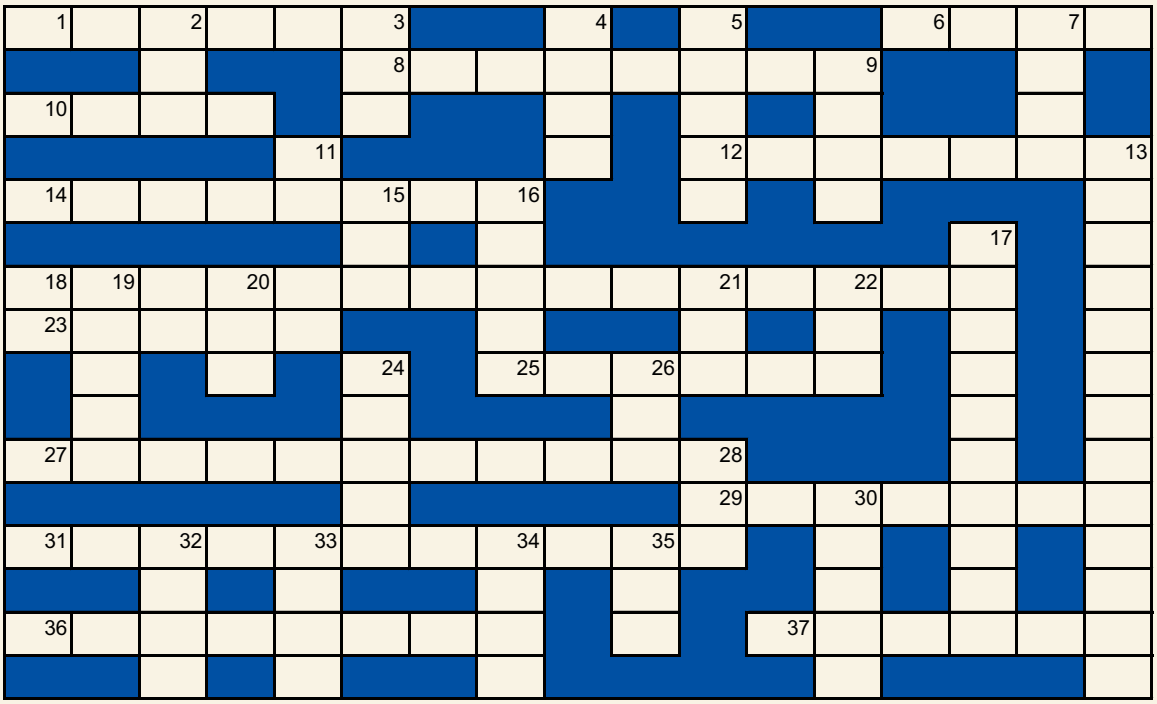
The newsletter this year will highlight some of the experiments we are working on right now - not in space but on the ground. NASA uses different types of ground experiments to allow scientists and engineers to do research with volunteers who are placed in a space-like environment. These experiments are called "analogs," and they allow us to do much more research than we could do during flight. We'll give you the scoop on people staying in bed for months, and people spending winter in the Antarctic - and tell you what this means to astronauts flying in space right now, and to astronauts who someday will return to the Moon or travel to Mars. We'll also tell you what this means to YOU, because nutrition isn't important just for space explorers - it is important for everyone! So hop aboard, and get ready for Volume 5 of the Space Nutrition Newsletter!

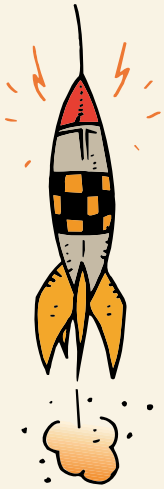


Explore. Discover. Understand.

Space Nutrition

Thea's Corner...





Did You Know?

- On August 25, 1932 Amelia Earhart set three records for women flyers: the first non-stop U.S. crossing, the longest distance record, and a coast-to-coast record time.
- The acronym "NASA" stands for National Aeronautics and Space Administration.

Across

1 Astronaut ____ Dunbar
6 Force = _____ x acceleration
8 Space shuttle, lost city
10 A natural satellite of the Earth
12 Soyuz _____(plural)
14 The first Shuttle to fly in space
18 CEV = ___ _____ Vehicle
23 _____ eclipse
25 Sparklers emit these
27 The first "A" in NASA
29 Shelter, home
31 To study by close examination
36 "N" in NASA
37 A part to be grasped by the hand

Down

2 Abbreviate "near Earth orbit"
3 Do this when you are hungry
4 Dog language
5 There are 7 x 10^{22} in the sky
7 Astronauts need this for space walks
9 Knitted covering for the foot
11 Abbreviate "Service Module"
13 Discovery, Atlantis, Endeavor
15 A container having 4 sides
16 A book of maps
17 To comprehend
18 Commander Eileen _o_lins
19 Russian money
20 Substance produced by bees
21 You breathe this
22 International Space Station
24 Begin
26 Something curved
28 Female pronoun
30 Fracture
32 Vehicle Integration Test Team
33 To halt in a journey, octagonal sign
34 Medal for first prize
35 A useful piece of information, ____ of the iceberg

Word of the Month

simulate

Can you guess what this word means? Look it up in the dictionary and see if you were right. We'll have more on this next month!

Web Challenge: Find out how to scratch your nose during a space walk, and other cool things at one of the web sites below....

http://www.nasa.gov
http://www.nasakids.com/
http://spaceflight.nasa.gov/brainbite/home.html
http://edspace.nasa.gov/
http://www.jsc.nasa.gov/Bios/

Check out Thea's Bonus Page, experiments you can try, and even stuff you may have done at our website:
http://haco.jsc.nasa.gov/biomedical/nutrition/kids.shtml
email: Space.Nutrition.Newsletter@nasa.gov