

Terrific Topic!

Hello everyone! This week would have been 'Life in Space' Week at School, so I have included some of the teaching resources, and then a whole range of follow-up activities that we would have had a go at at school — please don't feel you have to do *all* these activities — pick and choose those your children would enjoy.

Teaching resources:

Look at the Powerpoint 'Amazing Astronauts' - I've combined information on Tim Peake, the ISS and life in Space into one powerpoint, so you don't have to use the whole powerpoint all in one go—you can use different sections as a starter.

For a really interesting tour of the ISS, including all sorts of information about coping with life in space, see **Suni Williams Tour of the ISS:** <https://www.youtube.com/watch?v=doN4t5NKW-k> (again, you don't have to watch the whole thing—fast forward bits if you want to!)

- * Try writing upside down by attaching paper under the table and lying on your back — nb unlike for astronauts in space, here on Earth it makes our arms ache because gravity is trying to pull our arms back down.
- * Try making a 'sterile' space experiment box with washing-up gloves and clingfilm.
- * If any parents have a motorbike helmet, let the children try it on, and the gloves too, to imagine what it would feel like to be an astronaut outside the ISS on a space walk.

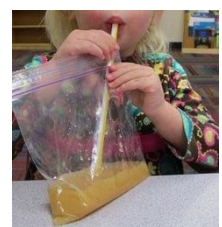


It's great fun to have a go at **eating like an astronaut!** We tried some freeze-dried ice cream, and strawberries at school (thank-you to Rhys and his Mum), and there is a great video showing Astronaut Samantha Christoforetti actually cooking a meal on the ISS. <https://www.youtube.com/watch?v=4exaXdPKS3Y>

In her blog you can see lots of pictures of space food, and she even gives the recipe if you'd like to have a go at cooking the real meal in an Earth kitchen (scroll down to near the end of her blog post). How is it different?? <http://outpost42.esa.int/blog/cooking-in-space-at-the-restaurant-at-the-end-of-the-universe/>

Perhaps you'd like to try making an astronaut's picnic—remember to stick your food to the table with (pretend) Velcro—use a belt or similar, and remember if you don't put your food or drink back down on the 'Velcro' it will float away! Some ideas include those listed below, but perhaps you can come up with your own ideas too:

- Baby Food (preferably a puree such as macaroni cheese) - if in a pouch, even better!
- Fruit strip (a great space food because it doesn't rot and doesn't create a mess!)
- Juice box (we can't just pour our drink in a cup, so a juice box was the most appropriate solution we could come up with here on Earth)
- Dried fruits such as mango (the astronauts eat a lot of freeze dried foods)
- Tortillas—often used as plate in space, because there are no crumbs, and you can eat your plate too!
- Angel Delight made in a ziplock bag and drunk through a straw!



A few other Space ideas if you'd like to keep busy:

My favourite — 5 ways to make a rocket that actually flies!! Great fun!

Make a flying rocket: <https://www.mumsmakelists.com/how-to-make-rockets-fly/>

See how fast the Earth turns on its axis...

Record the earth's rotation with shadows <https://www.giftofcuriosity.com/recording-the-earths-rotation-with-shadows/>

Make Fruity rockets, or your very own Space shuttle...



Or, to continue the Space Food theme, the link below is a newspaper clipping from Dec 16th 1972, and it has ingredients and a recipe for making the very same fruit cake that the Astronauts ate on the last mission to the Moon on Apollo 17. The same clipping also describes what the astronauts were doing on that very day as they prepared to return to Earth.

<https://news.google.com/newspapers?id=I5wrAAAAIBAJ&sjid=EfwFAAAAIBAJ&pg=6189,2860634&hl=en>

And just for fun ...

Very simple Moon Crater Cake recipe and instructions, involving making moon dust, volcanoes, lava flow, meteorites and craters!

<https://scratchinit.halversen.com/2013/03/craters-of-the-moon-cake/>

