

# Station 1: Food in Space



Explore the resources to learn about how astronauts really eat in space. Then answer the questions below.

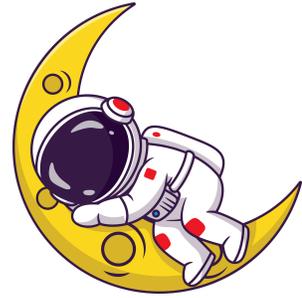
- What astronauts eat in space and why
- Video: Chris Hadfield's space kitchen
- Video: How to eat in space

What surprised you about how astronauts eat in space?

How does this compare to the solution you designed?

What is one change you'd like to make to your design now?

# Station 2: Sleep in Space



Explore the resources to learn about how astronauts really sleep in space. Then answer the questions below.

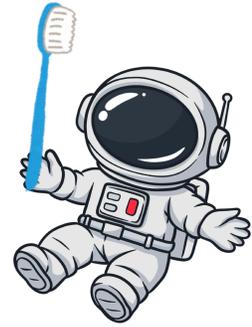
- [Sleeping in space](#)
- Podcast: [The science of sleep in space](#)
- Video: [How do astronauts sleep in space?](#)

What surprised you about how astronauts sleep in space?

How does this compare to the solution you designed?

What is one change you'd like to make to your design now?

# Station 3: Hygiene in Space



Explore the resources to learn about how astronaut hygiene works in space. Then answer the questions below.

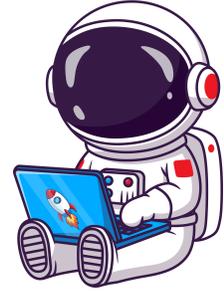
- Personal hygiene in space
- Video: How to wash your hair in space
- Video: Space hygiene: showering in space

What surprised you about astronaut hygiene in space?

How does this compare to the solution you designed?

What is one change you'd like to make to your design now?

# Station 4: Science in Space



Explore the resources to learn about how astronauts do science in space. Then answer the questions below.

- Why do we conduct science experiments in space?
- Video: A laboratory in space
- Video: Microgravity science glovebox

What surprised you about doing science in space?

How does this compare to the solution you designed?

What is one change you'd like to make to your design now?