



COMMANDER'S LOG: RECORDING YOUR MEALS



NAME: _____

ACTIVITY WORKSHEET: RECORD YOUR FOOD LIKE AN ASTRONAUT

Astronauts record what they eat by indicating the food and the approximate amount consumed. To record your food and drink intake like an astronaut, record the foods and amounts for **one meal**. For the additional meals/snacks consumed, fill out the plate and record where you ate and what you were doing.

ASTRONAUT FOOD RECORDING EXAMPLE

Breakfast	Measurement
Instant oatmeal, maple & brown sugar _____	___ cup, ___ g, ___ tbsp., ___ tsp., <u>1 package</u> (other)
Frozen blueberries _____	<u>1</u> cup, ___ g, ___ tbsp., ___ tsp., _____ (other)
2% cow's milk _____	<u>1</u> cup, ___ g, ___ tbsp., ___ tsp., _____ (other)

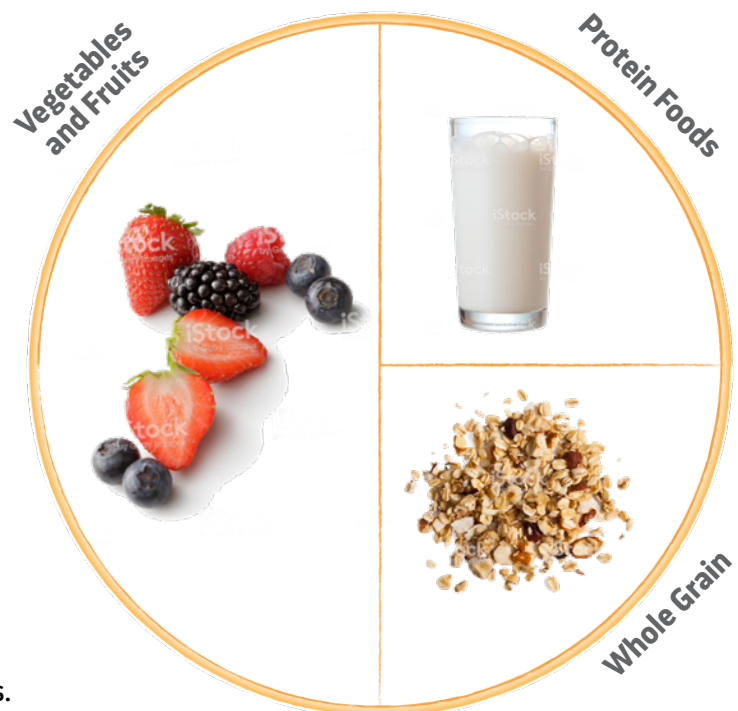
Estimate the amount of the food item you consumed.

Tip: Looking at the nutrition facts table at the back of the product package may help you. See below.

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 230	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 8 g	10 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 37 g	
Fibre / Fibres 4 g	13 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	

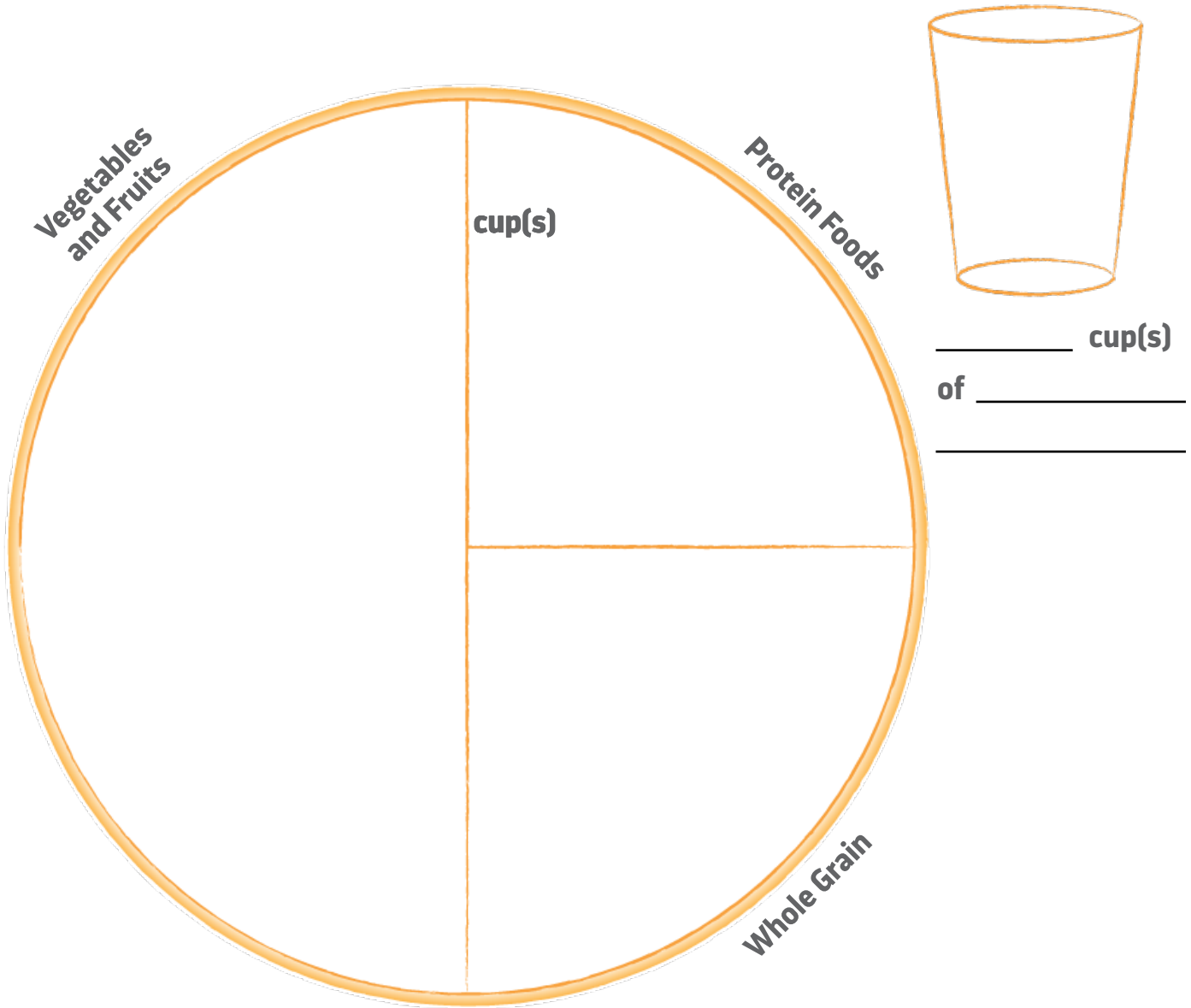
If you ate the serving size on the nutrition facts table, fill in the amount listed on the serving size.

PLATE EXAMPLE:



Fill in your meals and snacks on the following pages.

MEAL: _____ or **SNACK:** _____

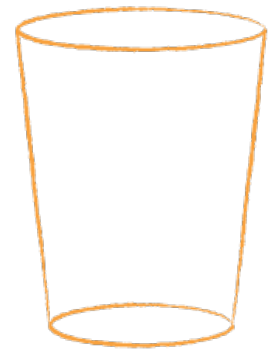
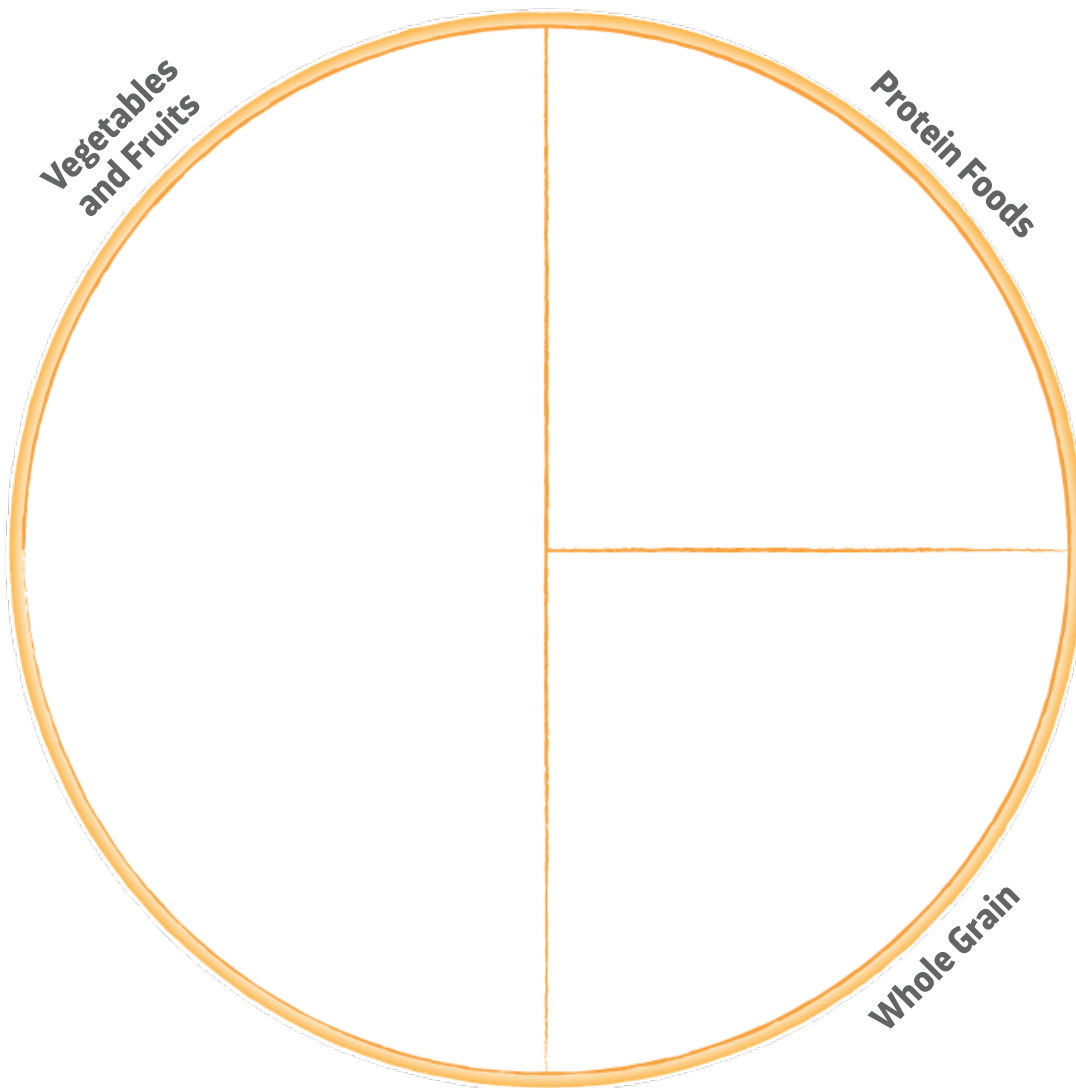


Describe what time you ate, where you ate, and what you were doing while you were eating (talking to somebody, watching a show, sitting at the table, etc.)

What textures, smells, and tastes did you notice in the food you ate?

MEAL: _____ (Record Your Food Like An Astronaut)

FOOD ITEM	MEASUREMENT
_____	___ cup, ___ g, ___ tbsp., ___ tsp., _____ (other)
_____	___ cup, ___ g, ___ tbsp., ___ tsp., _____ (other)
_____	___ cup, ___ g, ___ tbsp., ___ tsp., _____ (other)
_____	___ cup, ___ g, ___ tbsp., ___ tsp., _____ (other)
_____	___ cup, ___ g, ___ tbsp., ___ tsp., _____ (other)

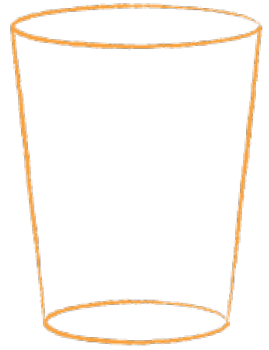
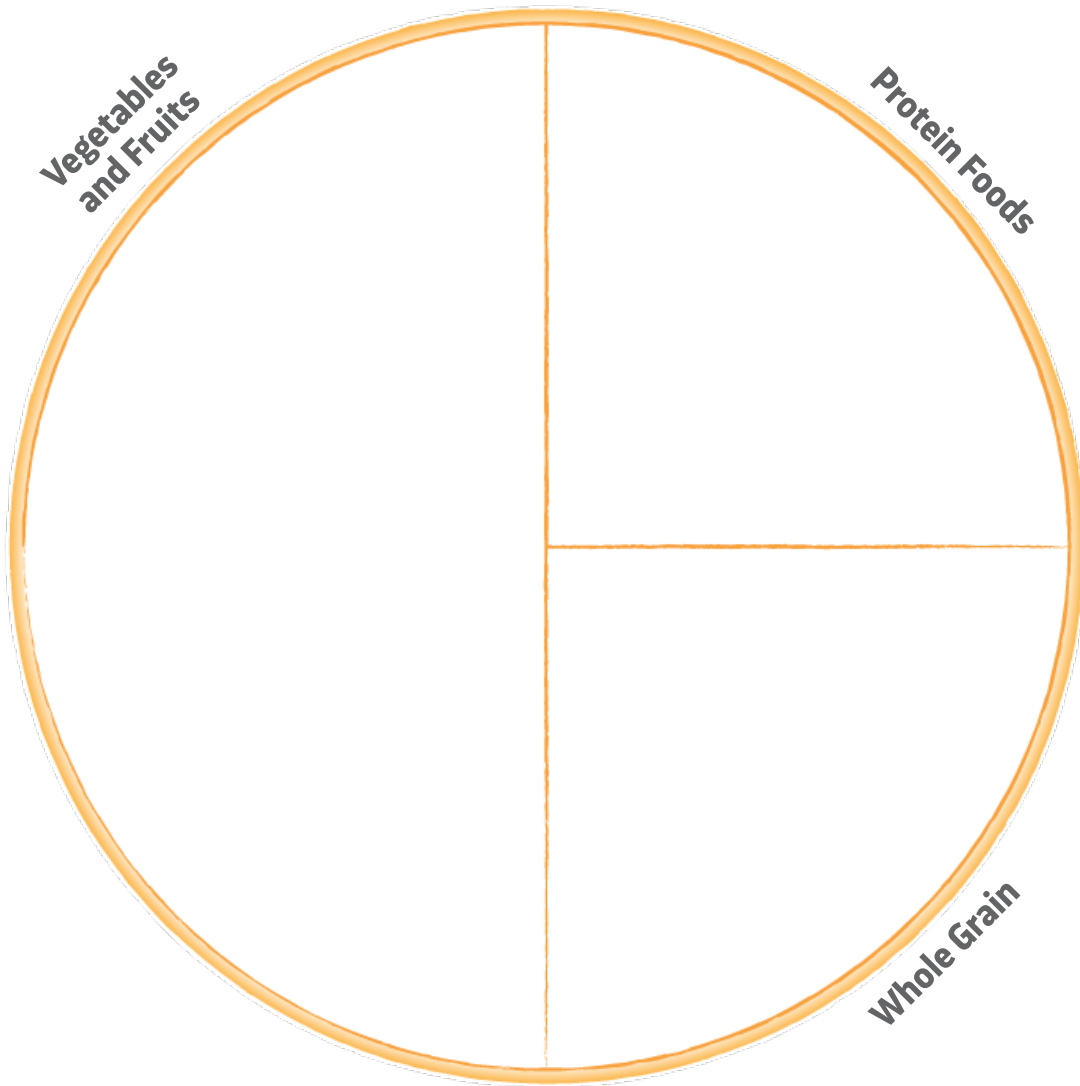


_____ cup(s)
of _____

Describe what time you ate, where you ate, and what you were doing while you were eating (talking to somebody, watching a show, sitting at the table, etc.)



MEAL: _____ or **SNACK:** _____



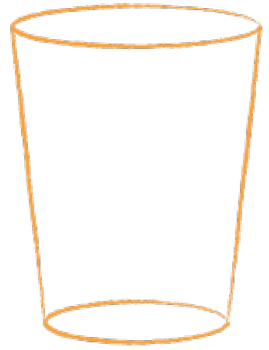
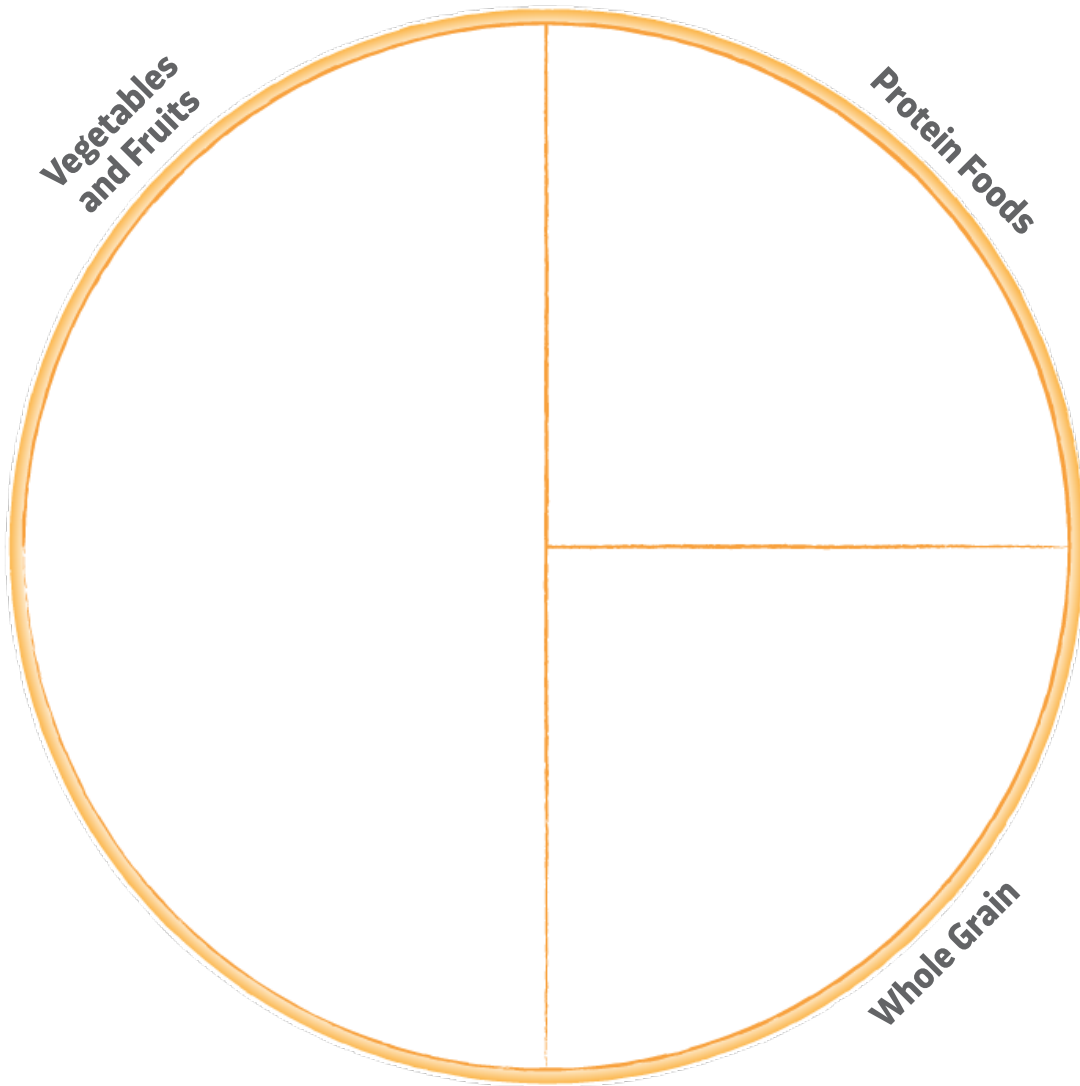
_____ cup(s)
of _____

Describe what time you ate, where you ate, and what you were doing while you were eating (talking to somebody, watching a show, sitting at the table, etc.)

What textures, smells, and tastes did you notice in the food you ate?



MEAL: _____ or **SNACK:** _____



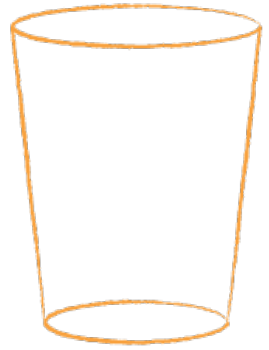
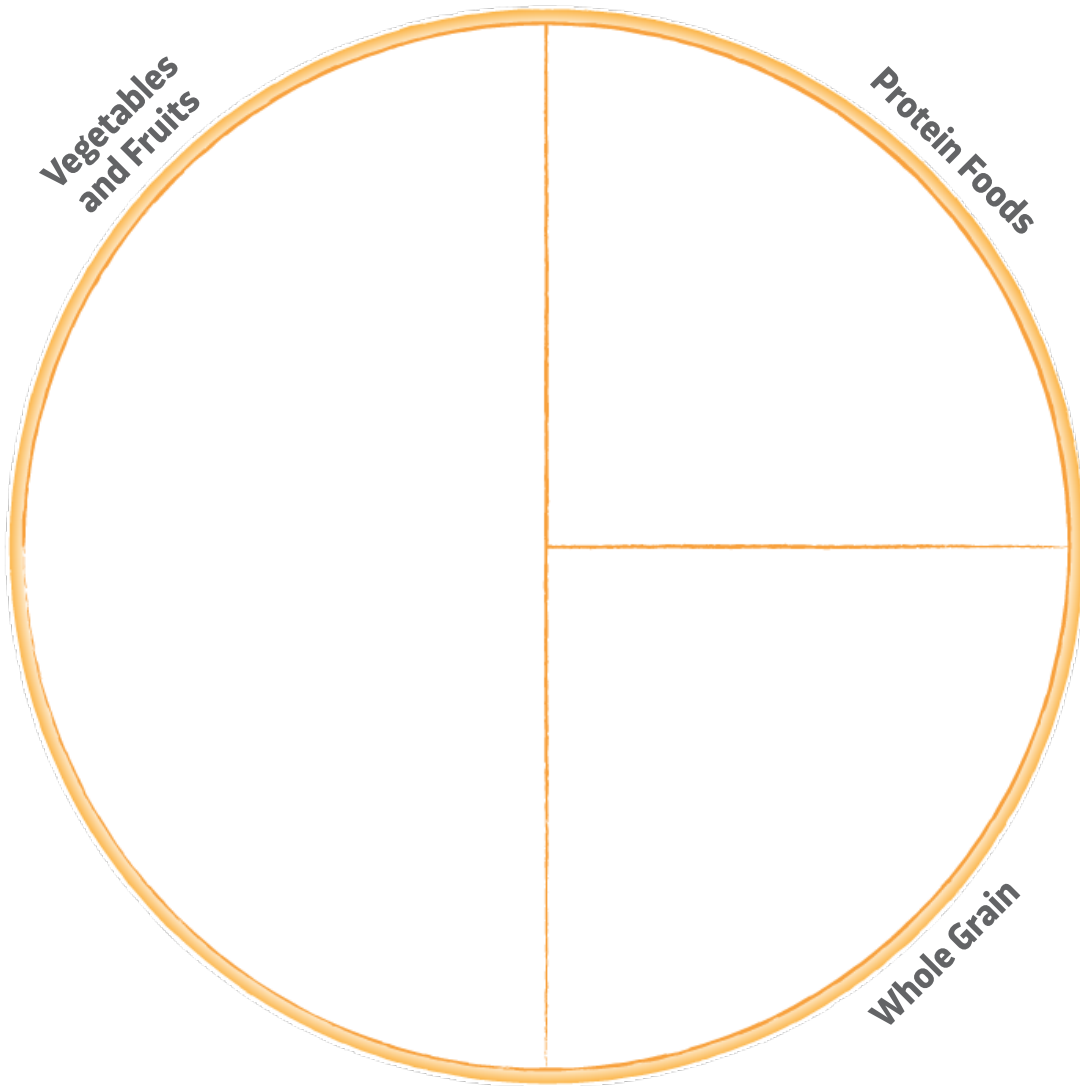
_____ cup(s)
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MEAL: _____ or **SNACK:** _____



_____ cup(s)
of _____

Describe what time you ate, where you ate, and what you were doing while you were eating (talking to somebody, watching a show, sitting at the table, etc.)

What textures, smells, and tastes did you notice in the food you ate?



TOTAL GLASSES OF WATER: _____ cups

QUESTIONS

1. At any point during a meal or snack, were you distracted? (on your phone, watching a movie/show, working on a laptop, talking to friends or family, walking at the same time, etc.) Please describe the situation.

2. Did you prepare any meals or help prepare a meal?

3. List some of the vegetables you consumed during the day. Explain why those vegetables are good for your health.

4. Would any of the foods you consumed be good for astronauts? Discuss why or why not.

