



# COMMANDER'S LOG: RECORDING YOUR MEALS



FITNESS AND  
NUTRITION

## MISSION DESCRIPTION

Participants can learn about mindful eating, eating habits, the healthy plate, and food intake recording. In this activity, participants will take pictures or write down which foods they ate at each meal and for snacks, as well as approximate plate proportions. Participants can identify if any meal or snack consumed during the day would be a good meal for astronauts and why.

Difficulty: **MODERATE**

Duration: **15 MINUTES + HOMEWORK**

Materials: **MINIMAL**

## MISSION PREPARATION

### TIMELINE

| Breakdown  | Duration   |
|--|--|
| Explanation of activity  | 5 minutes  |
| Homework <ul style="list-style-type: none"> <li>Participants will record (photos or written) all food, drinks, and snacks consumed for one day</li> <li>Participants will identify how often their plate was balanced</li> </ul> | Variable, to be completed throughout the day         |
| Activity debrief the next day; participants could volunteer to mention what they ate, but not a requirement  | 10 minutes   |
| <b>Total</b>   | <b>Class time: 15 minutes<br/>Homework: variable</b> |

### GOALS

To allow participants to become mindful of their eating habits

### OBJECTIVES

By the end of the activity, participants will be able to

- Identify their eating habits

### MATERIALS

- Activity worksheet

In this take-home activity, participants can record the foods they eat throughout the day and complete the corresponding worksheet. This activity will allow the participants to become more aware of the foods they are consuming.



## BACKGROUND

While living on the International Space Station (ISS), astronauts are assessed to make sure they are receiving adequate nutrition. This is done through blood samples, food frequency questionnaires, comparing body mass before and after flight, using a food intake app, as well as an evaluation of any physical symptoms of nutrient deficiencies.

On the ISS, the food intake app allows astronauts to record their food intake by taking photos of the items, selecting the items on the interface, or creating an audio file where they describe the items consumed.

If an astronaut is not consuming enough calories or is becoming deficient in certain nutrients, their doctor will discuss options with them and get them back on track.

The food items available on the ISS are in single-serving packages; therefore, astronauts have to select multiples of the same package or mix-and-match with other items to create a fulfilling and balanced meal. For example, an astronaut could choose a package of rehydratable chicken and pair it with packages of spinach and rice.

On Earth, writing down the foods you eat can help you learn about your eating habits and determine if you are following the Canada Food Guide recommendations. Additionally, comparing your plate to the Canada Food Guide's plate is an effective way to see if you are consuming the recommended proportions of grains, protein, and vegetables and fruits.

Explore further via the following links:

<http://www.asc-csa.gc.ca/eng/astronauts/living-in-space/eating-in-space.asp>

<https://food-guide.canada.ca/en/tips-for-healthy-eating/make-healthy-meals-with-the-eat-well-plate/>

<https://food-guide.canada.ca/en/>



## 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)       |

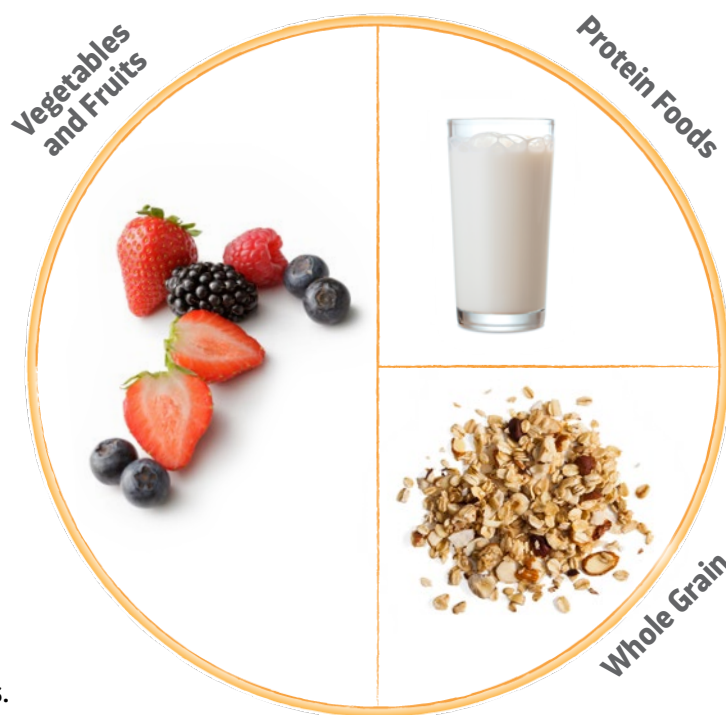
Estimate the amount of the food item you consumed.

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

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

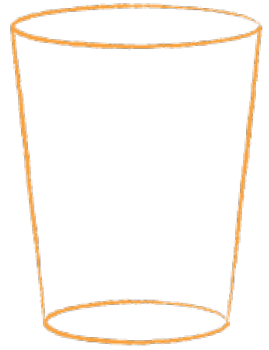
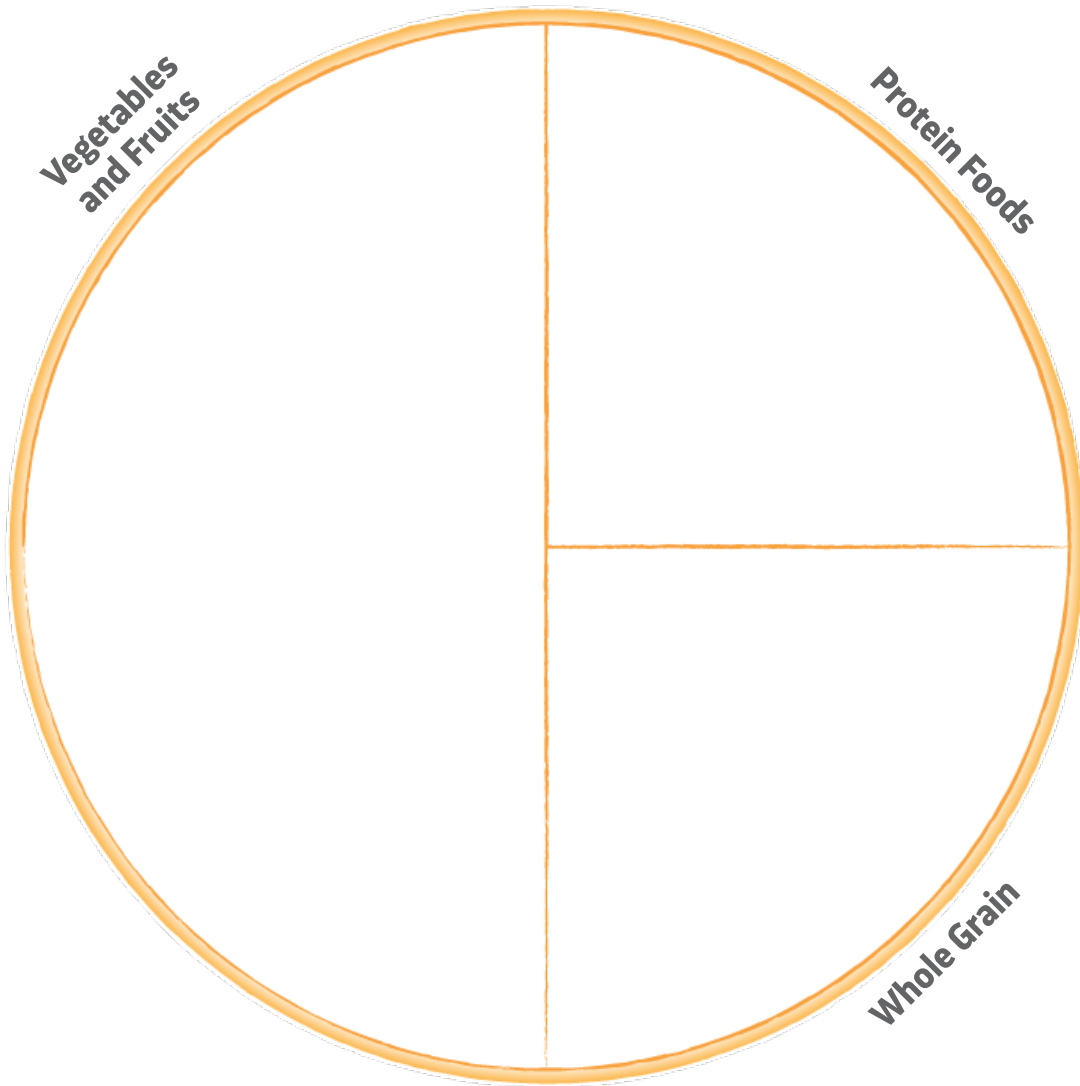
### PLATE EXAMPLE:



Fill in your meals and snacks on the following pages.



**MEAL:** \_\_\_\_\_ or **SNACK:** \_\_\_\_\_



\_\_\_\_\_ 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.)

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

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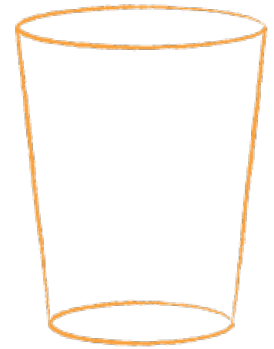
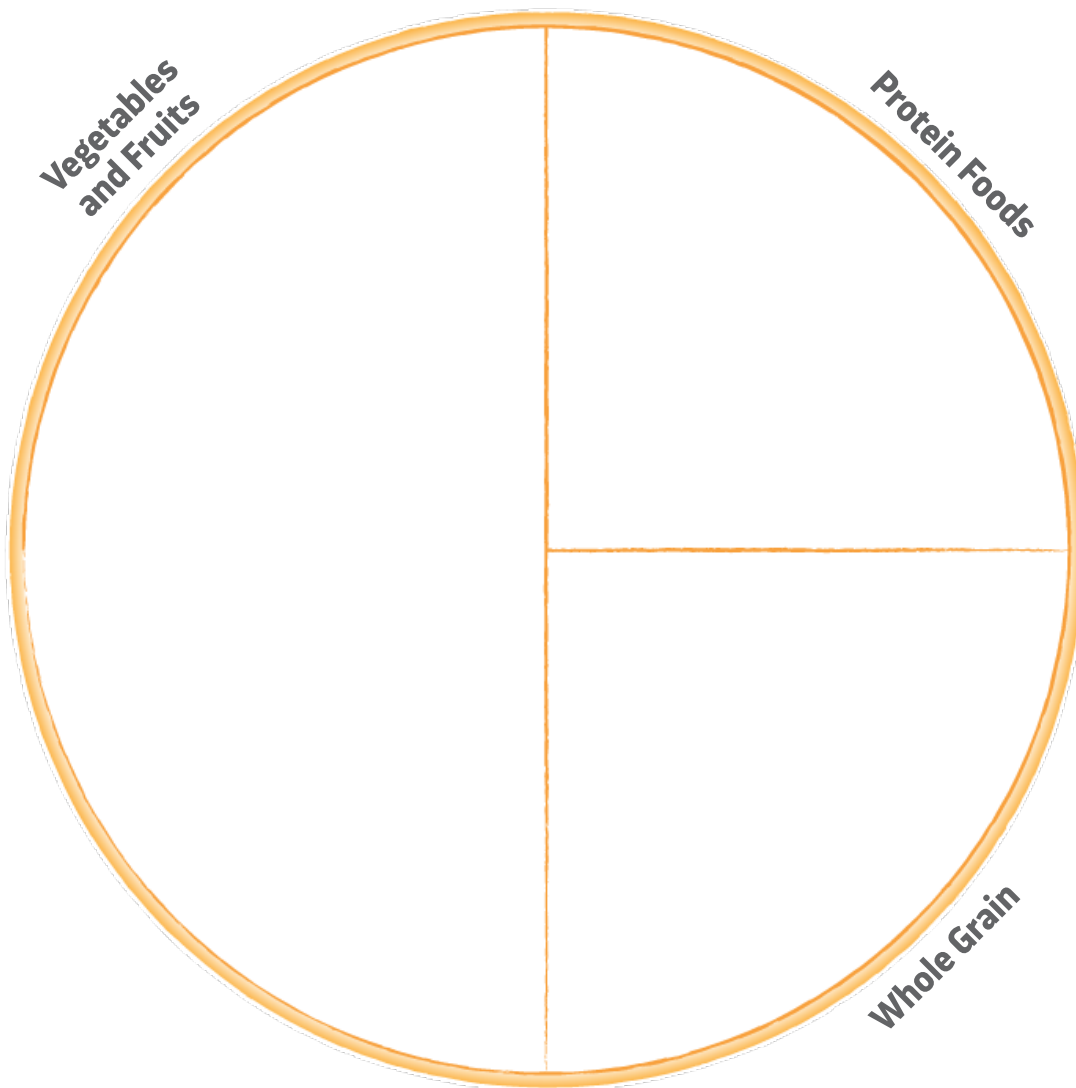
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**MEAL:** \_\_\_\_\_ (Record Your Food Like An Astronaut)

| 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.)

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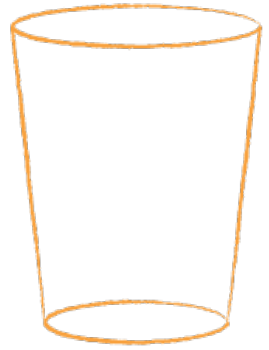
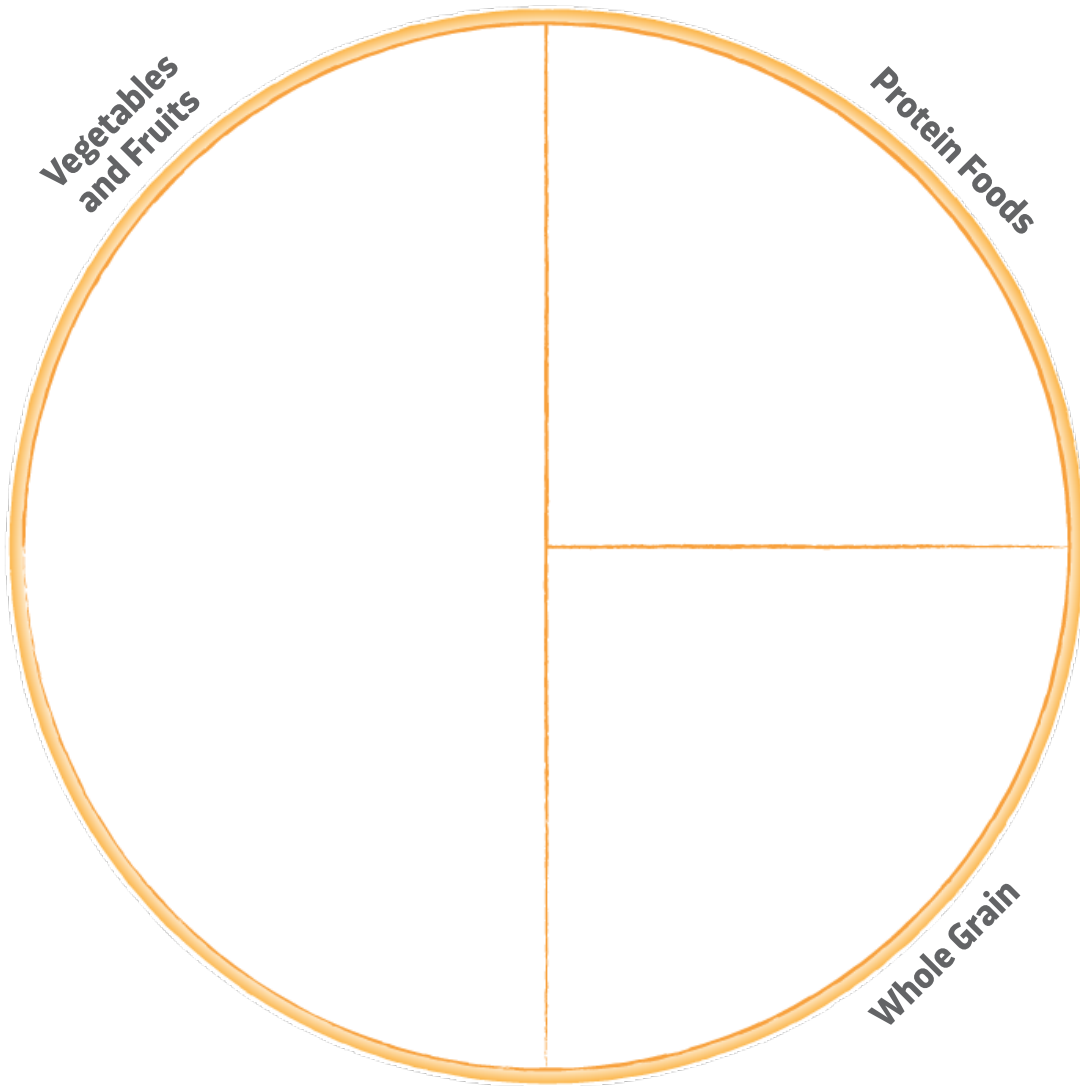
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**MEAL:** \_\_\_\_\_ or **SNACK:** \_\_\_\_\_



\_\_\_\_\_ 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.)

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

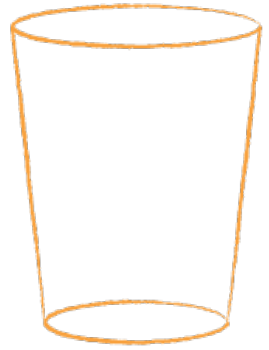
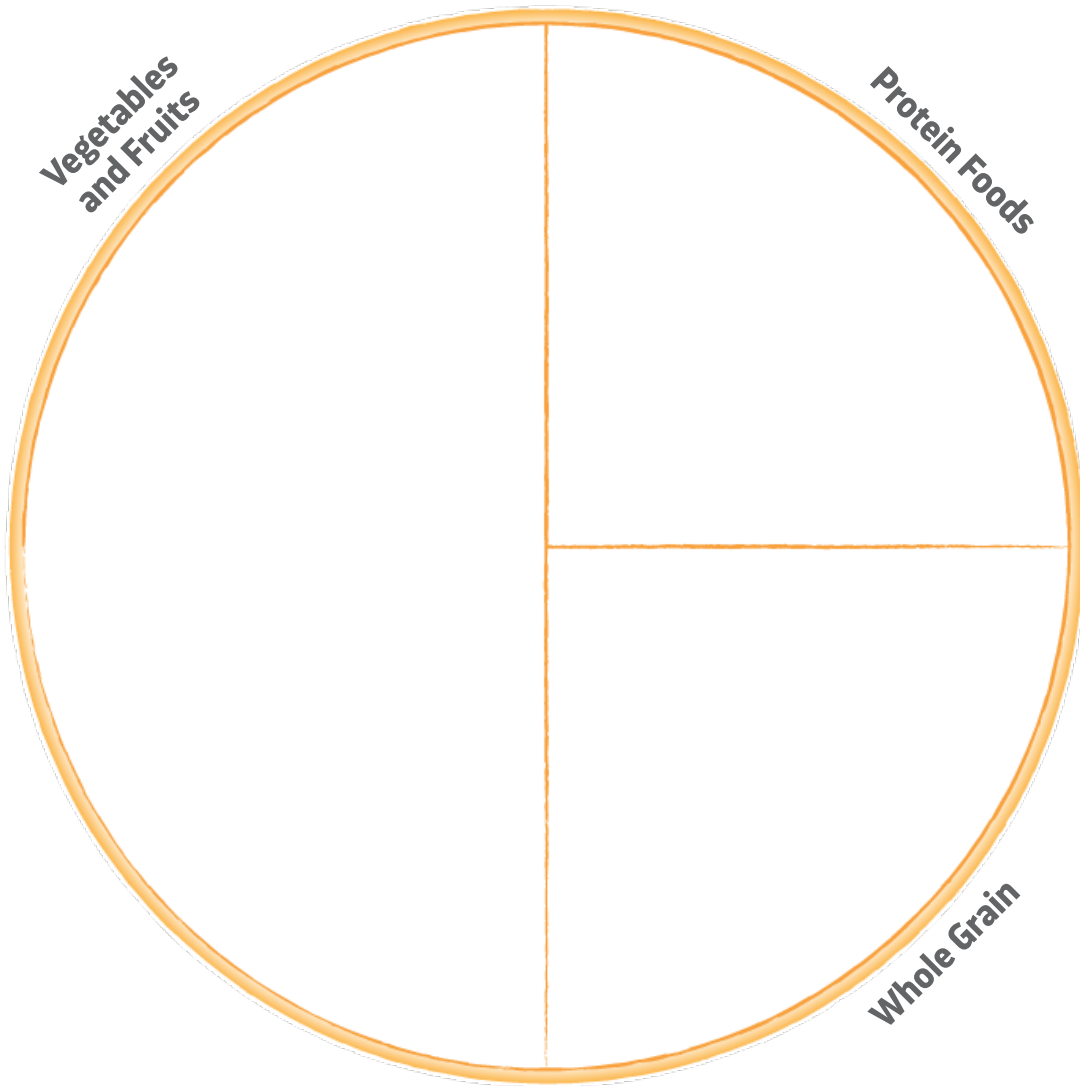
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**MEAL:** \_\_\_\_\_ or **SNACK:** \_\_\_\_\_



\_\_\_\_\_ 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.)

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

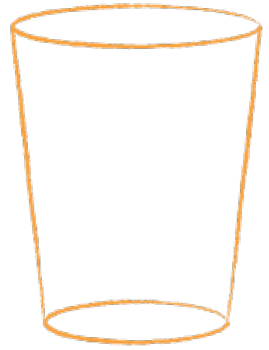
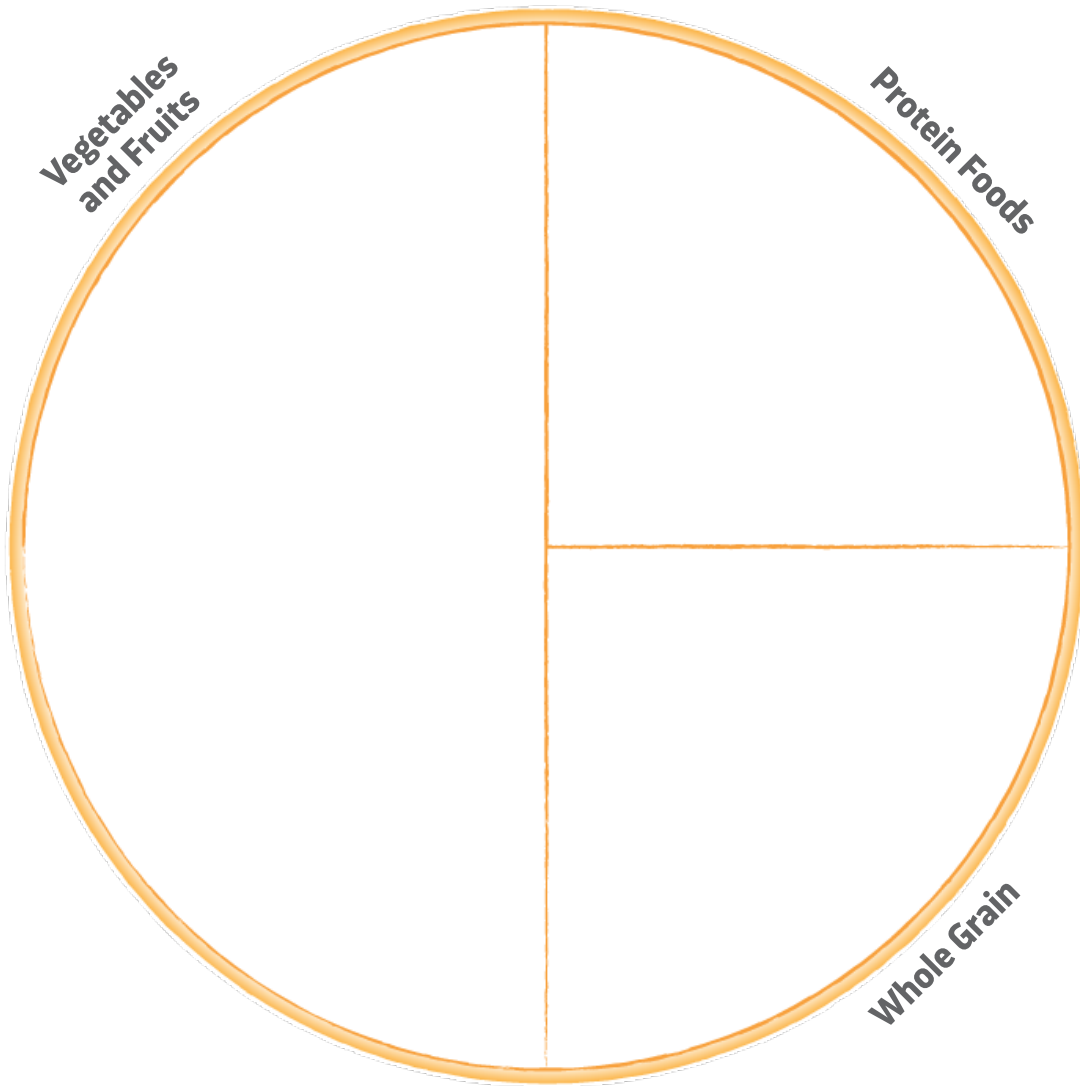
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**MEAL:** \_\_\_\_\_ or **SNACK:** \_\_\_\_\_



\_\_\_\_\_ 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.)

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

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**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.

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

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

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

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