If you travelled in space for 1 year, what would you need?

What are some problems you might have?

How long would it take?

Moon – Sun –

Mars – Jupiter –

Pluto – Alpha Centauri –

Kepler 186f –

**Food in Space**

Do astronauts use bread or tortillas?

How do they make food smaller (dehydrate)?

How do they cook their food (rehydrate)?

**Brushing your Teeth in Space**

How long should you brush?

What do you do with the toothpaste when you are finished?

**Sleeping in Space**

How many bedrooms (sleeping pods) are there?

What happens to your arms when you sleep?