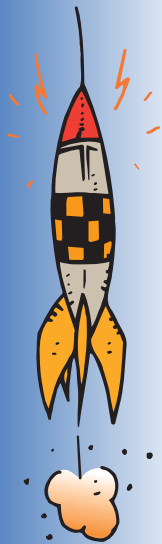


# A New Look And More In Volume 4



Welcome to Volume 4 of the Space Nutrition Newsletter! Hope you had a fun and restful summer. We're looking forward to a great year - we have lots of ideas in the works - and are hoping that you'll help contribute to the content of the Newsletter. Our focus this year will be on nutrients - the chemicals that make up your food. In each of the following issues, we will highlight a specific nutrient (or group of nutrients), and tell you a little about it, who it is important for and why, what happens if you get too much or too little of it, and how your doctor could test to see if you have been eating enough of that particular nutrient.



## Here at NASA...

When you started summer vacation, the Expedition 9 crew was on board the International Space Station (ISS)...and guess what? They are still there! They are 4 months into their mission, and are in the home stretch. They will return to Earth in October after the Expedition 10 crew arrives on the ISS. Six months is a pretty long trip — imagine what you would have to pack to be gone for that long!

Let us hear from you! We are always very excited to get letters, questions, pictures, and poems from our readers. You never know - your picture or question might be in an upcoming issue.

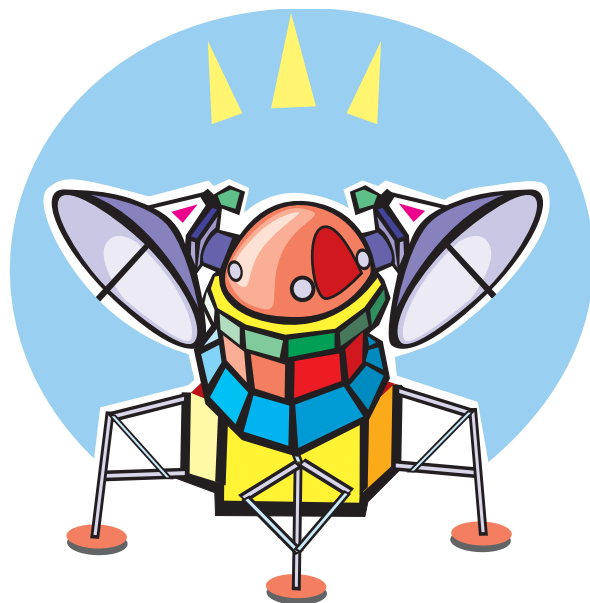
Space Nutrition Newsletter  
Nutritional Biochemistry Laboratory  
Mail Code SK3  
NASA - Johnson Space Center  
Houston, TX 77058

## Our Newest Team Member

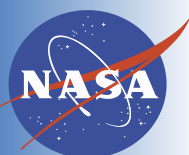
The Space Nutrition newsletter is getting a mascot! We are anxiously awaiting the new arrival, and we do not know what it... or he... or she... or they will look like. We are very excited! Send us a picture or description of your thoughts!

## Looking Back...and to the Future

Thirty-five years ago, the Apollo 11 crew landed on the Moon! At 4:18 p.m. EDT on July 20, 1969, Neil Armstrong radioed the first words from the Moon - "Houston, Tranquility Base here. The Eagle has landed." Just under 7 hours later, he took the first steps out of the lunar module and proclaimed "That's one small step for a man, one giant leap for mankind." NASA is now planning for future missions to the Moon. What do you think your first words would be if you were stepping off the ship onto the surface of the Moon? What emotions would you be feeling? Write a story about you and a classmate arriving on the Moon and send it to us!



Space Nutrition



## Ready, Set, Go...

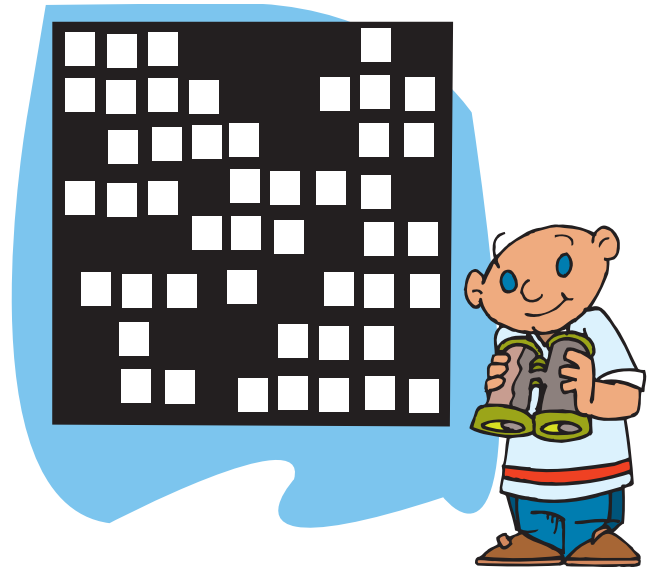
NASA continues to work on Space Shuttle Discovery to make it ready for its next mission, currently planned for next spring. The Shuttle will not launch until the repairs necessary for a safe mission have been made.

The crew for the next mission, STS-114, continues to train, and has been very involved in the Shuttle repairs. Eileen Collins, the STS-114 Commander, recently said, "When the Shuttle's ready to fly, we'll be ready to fly."

In the Nutritional Biochemistry Laboratory, we are getting ready for some exciting ground-based research studies. These include bed rest studies (imagine not getting out of bed for a few weeks...or months!), exercise training studies, and other simulations of weightlessness. These studies will help us learn how nutrition can help keep astronauts healthy.



## FUN CORNER



Answer the following questions and line up the circled letters to find the secret word:

Astronauts lose both muscle and \_\_\_\_\_ when they are in space.

What is the next planet to which we hope to send humans? \_\_\_\_\_

What is the abbreviation for the space station where the astronauts have been living for the past 6 months? \_\_\_\_\_

What is a mineral that is essential for strong bones and healthy teeth? \_\_\_\_\_

1. \_\_\_\_\_ ○ \_\_\_\_\_
2. \_\_\_\_\_ ○ \_\_\_\_\_
3. \_\_\_\_\_ ○ \_\_\_\_\_
4. \_\_\_\_\_ ○ \_\_\_\_\_

## Word of the Month

**mascot**

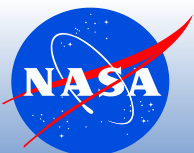
Can you guess what this word means? Look for the meaning of "Word of the Month" in the next issue of Space Nutrition.

## Web Challenge

What do you think the Apollo 11 astronauts ate during their mission? You can find the answer in one of the web links listed in this issue.

Check out these cool NASA links for more fun space science facts!

- <http://history.nasa.gov/ap11-35ann/>
- <http://www.nasa.gov/audience/forchildren/home/index.html>
- <http://connect.larc.nasa.gov/>
- <http://spaceresearch.nasa.gov>



Check out the Nutritional Biochemistry Laboratory's Web site for more information about nutrition and space:

<http://haco.jsc.nasa.gov/biomedical/nutrition/>

