

Space dinner challenge

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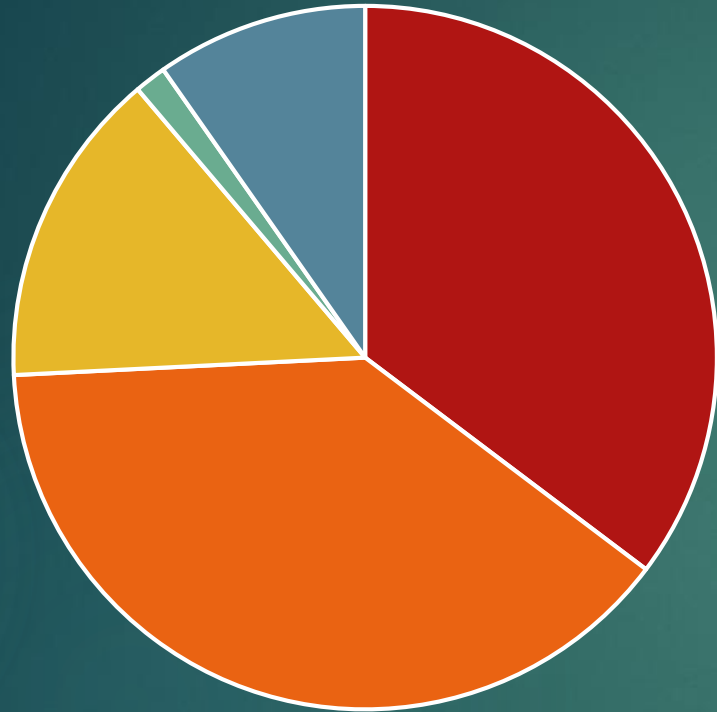


MY SPACE ROAST DINNER



I have chosen to do a roast dinner because it is very English and traditional, yet it gives you all the different types of vitamins and nutrients that you need in space.

Sales



■ 1st Qtr ■ 2nd Qtr ■ 3rd Qtr ■ 4th Qtr ■ 5th Qtr

Food pie chart

You need to all these things to have a balanced diet.

1st quarter
Vegetables and
fruit

4th quatre
Oils spreads and
sugary things

2nd quatre
carbohydrates

5th quatre
dairy

3rd quatre
Beans, pulses,
eggs, fish and
meat

Nutrients and healthy food 4

Carrots, broccoli and spinach

- Although veg is usually fresh and quite tasty, in space the only thing that really matters is the goodness and vitamins that it gives you.
- That is why I have chosen the vegetables above so that they don't float all over the place and are easy to eat in space conditions.
- However for the spinach I am going to use the method where you have dry spinach in a little plastic bag, then you fill it with water and you have 'fresh' spinach.



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carbohydrates

potatoes

- Carbohydrates are important because they give us energy and fill us up quicker which is good in space as there is not much food.
- Potatoes are a good thing to take up as they are whole and don't leave any crumbs. They will have to be pre-cooked on earth though.



Meat and fish

Cod, white bait, salmon.

Beef, pork, chicken.

meat

- ▶ Meat is also a vital part in a mixed diet however taking it to space will need lots of precautions.
- ▶ Meat must be cooked properly, unless you are eating steak which isn't normally in a roast dinner, so it will have to be pre cooked
- ▶ Traditionally you would have chicken in a roast, so in my space dinner I will include pre cooked, sliced chicken.

SECTION 2 TITLE

- ▶ Fish is more likely to go out of date than chicken and is harder to eat as it breaks up into smaller parts.
- ▶ Fish isn't part of a roast dinner so I will not include any fish in my space dinner.

dairy

Yorkshire pudding

- Yorkshire pudding is a key part of a roast dinner and is made out of eggs, flour and milk.
- It will be easy to eat a Yorkshire pudding in space because it has a tough consistency, which doesn't create crumbs.



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packaging

- Packaging is important because you can't just have a random carrot flying around.
- Using plastic tightly sealed bags, will help the food to keep its texture, whether it's dried out or not.
- It will also help the food to not go out of date when you're on the flight.



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