

# THE GREAT BRITISH SPACE DINNER CHALLENGE

## Traditional full English breakfast for dinner!

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
618	37g	11g	37g	21g	5g	37g	3.05g

Scrambled eggs

Bacon

Pork sausages

Baked beans in tomato sauce

Cooked tomatoes

Cooked mushrooms

Hash browns

Wholemeal brown toast with butter and marmalade

Tea

Orange juice



## Dessert

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
608	24g	14g	90g	55g	5g	6g	0.6g

Apple crumble

Custard



I've chosen this meal because I think it would be suitable to have in space both from a nutritional point of view as well as a practical one.

Eggs – protein, fats

Bacon and sausages – protein, fats

Tomatoes – carbohydrates, vitamins, calcium

Mushrooms – fibre, vitamins, calcium

Baked beans - carbohydrates, fibre and protein

Hash browns – carbohydrates

Wholemeal toast - carbohydrates, fibre, protein, vitamins, fats

Butter – fats

Marmalade – sugar

Apples - carbohydrates, fibre

Oaty crumble – fats, carbohydrates, fibre

Custard – protein, calcium

As the information above shows, this meal would provide a different variety of nutrients including protein, carbohydrates, fats and sugars as well as being a practical one from producing it on Earth before transporting it into space and enabling an astronaut to eat it whilst there. It is also a very traditional English meal which is enjoyed by most British people.