

Name:

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How Astronauts Live in Space

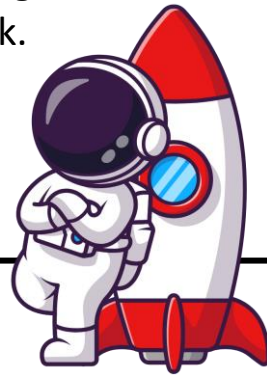
Living in space is very different from living on Earth. Astronauts aboard the International Space Station must learn how to complete everyday activities without normal gravity.

Sleeping can be unusual. Astronauts sleep in special sleeping bags attached to a wall so they do not float around while they rest. They can sleep in almost any position because there is no normal sense of up or down.

Eating is different too. Most food comes in packets, and drinks are kept in sealed containers with straws. Crumbs and drops of liquid can float away, so astronauts must eat carefully.

Exercise is extremely important in space. Without gravity, muscles and bones can become weaker. Astronauts exercise for about two hours each day using special equipment. Even simple tasks such as washing and brushing teeth must be done carefully because water floats instead of falling into a sink.

Although living in space can be challenging, astronauts train for months or years before their missions. This training helps them safely eat, sleep, exercise and work while hundreds of kilometres above Earth.



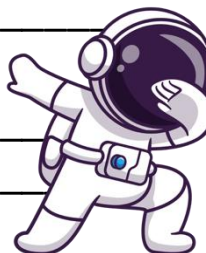
1. What is the passage mostly about?

2. Name two important ways astronauts live differently in space.

3. Why is exercise an important detail to include in a summary?

4. Which detail is more important for a summary: astronauts exercise every day or their drinks have straws? Why?

5. Write one sentence that summarises the passage.



Answers

1. The passage is mostly about how astronauts live and complete everyday activities in space.
2. They sleep in special sleeping bags and exercise using special equipment.
3. Because exercise helps stop astronauts' muscles and bones from becoming weaker.
4. Astronauts exercising every day is more important because it explains how they stay healthy in space.
5. Astronauts must change the way they eat, sleep, exercise and complete everyday tasks while living in space.