

<u>Notes on the day to day life of an astronaut</u>	Brushing teeth:	Sleeping:	Being ill:
Eating and food:	Water recycling:	Eyesight:	Effects of space on the body:
Eating dessert:	Water in space:	Clipping nails:	Haircut:
Washing hands:	Keeping fit:	Washing your hair:	Using the toilet