

1st

Monday the 1st of September
Can I research the life of an astronaut?

Notes on the day to day life of an astronaut

by Flynn

Eating and food:

They use a tortilla instead of bread because bread crumbs fly everywhere but tortillas stay still. They have a straw to drink coskie. They have long spoons.

Eating dessert:

They have desserts in oxygen free packets and eat them out of the packet

Washing hands:

The water floats on his hand. They have a towel.

Brushing teeth:

You can swallow the toothpaste as it's edible.

Water recycling:

They reclaim 93% of their water so they don't waste it. They drink there recycled water

Water in space:

They open a hockey puck into a wash cloth. They squirt water on the cloth and the water sticks on his hand

Keeping fit:

They use there equipment to make new ones. They make real treadmills to help there muscles keep going. It's controlled by a laptop (T2) vibration isolation system.

Sleeping:

They have to stand up. There sleeping pod is attached to a wall so they don't float away.

Eyesight:

They drop eyedrops to there eye to fresh it up so they can see better.

Clipping nail:

They cut there nails over an air vent so they don't float about

Washing your hair:

They use a packet of water and use shampoo. and that water is also used to drink as well.

Being ill:

They have an astronaut bar's bag. When they get up to the ISS they do feel sick and dizzy.

Effects of space on the body:

For them it feels like they can fly because there's no gravity. fluids move up in space.

Haircut:

They cut each others hair and use clippers.

Using the toilet

They turn on a fan so it doesn't smell. There urine get recycled so they can drink it. (gravity) they have a toilet seat but they don't always use it.

✓ lots of good notes Flynn.