

A day in the life of the iss



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Introduction

A day in the life in the ISS

Now you are going to read a text that will provide you with a general idea of what the ISS is.



Introduction

The International Space Station is a working laboratory orbiting 240 miles above Earth. Image Credit: Fred Sayers

Have you ever wondered what it would be like to live and work in space? Follow astronauts on the International Space Station in a series of videos as they explain their daily routines. Learn where they sleep, and how they eat, exercise, work and spend free time. Compare life in space with life on Earth.

Educators can use this series of videos and resources to enhance K-12 science, technology, engineering and mathematics curricula.

Astronauts have many duties on the International Space Station. Image Credit: Fred Sayers

The space station is a working laboratory orbiting 240 miles above Earth and is home to an international crew. The station has more than 15,000 cubic feet of habitable volume, which includes more room than a conventional three-bedroom house. The station provides a laboratory complex where gravity, a fundamental force on Earth, is virtually eliminated for extended periods. The ability to

control the variable of gravity in experiments creates unimaginable research possibilities.

The station is vital to human exploration. It is where we are learning how to combat the physiological effects of being in space for long periods. The space station is our test bed for technologies and our decision-making processes when things go as planned and when they don't. It is important to learn and test these things 240 miles up rather than encountering them 240,000 miles away while on the way to Mars or beyond.

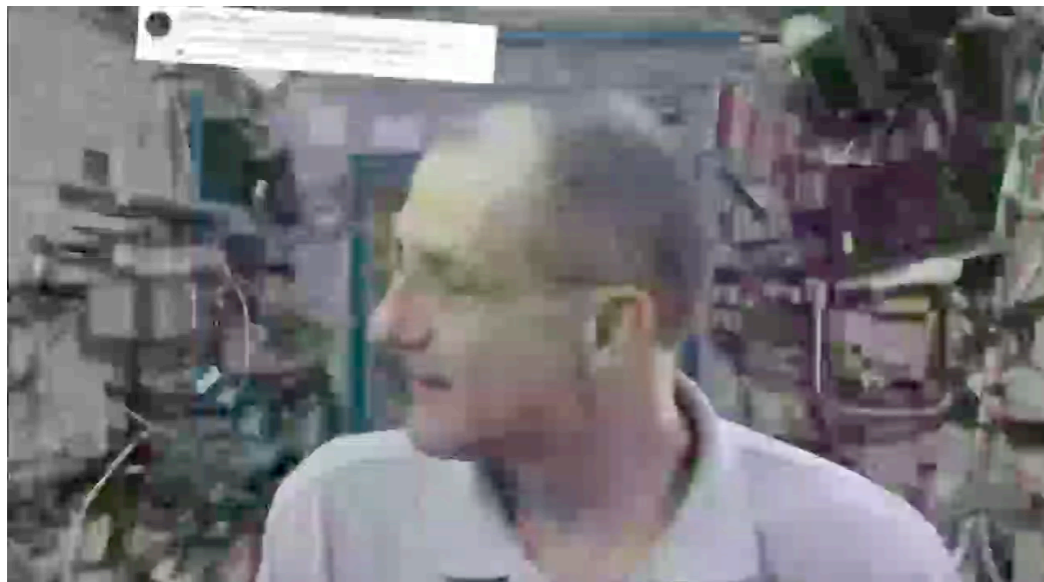
Time for lunch



You are what you eat



You are what you eat



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Choose the correct option according to what you hear



Eating in the ISS



Eating in the ISS



Working out in the ISS





working out

Exercising



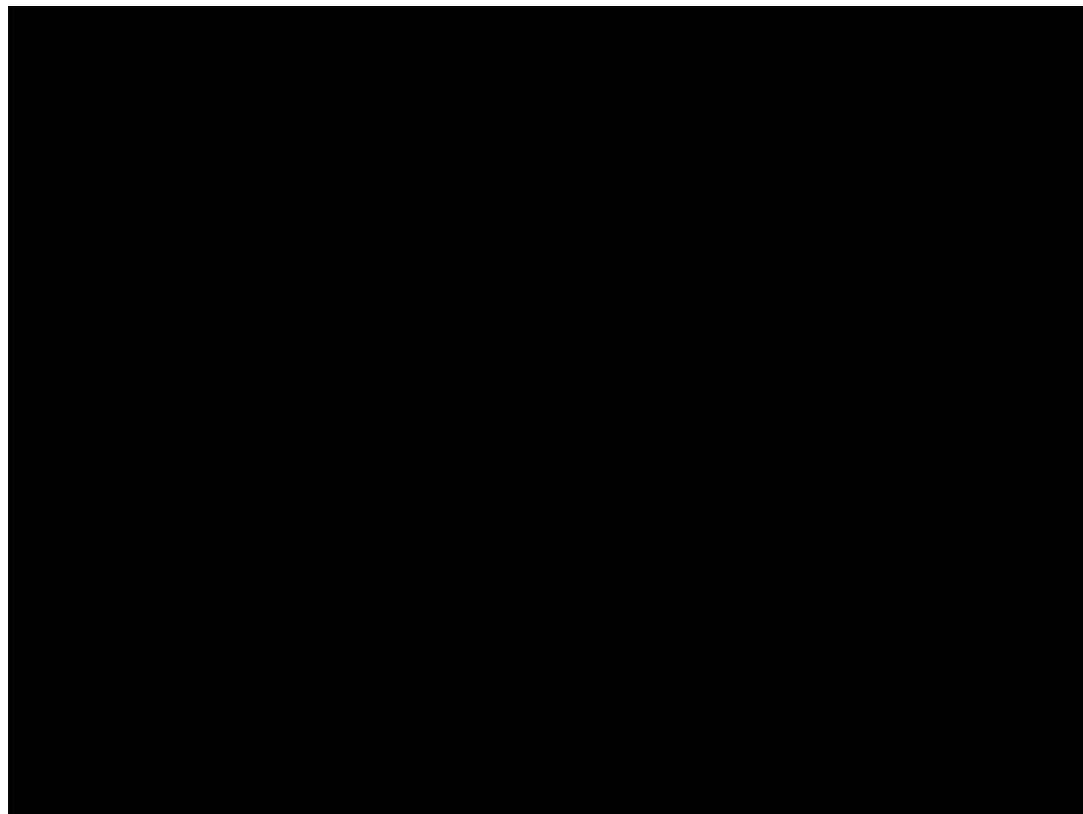
Hobbies



Free time



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Hobbies



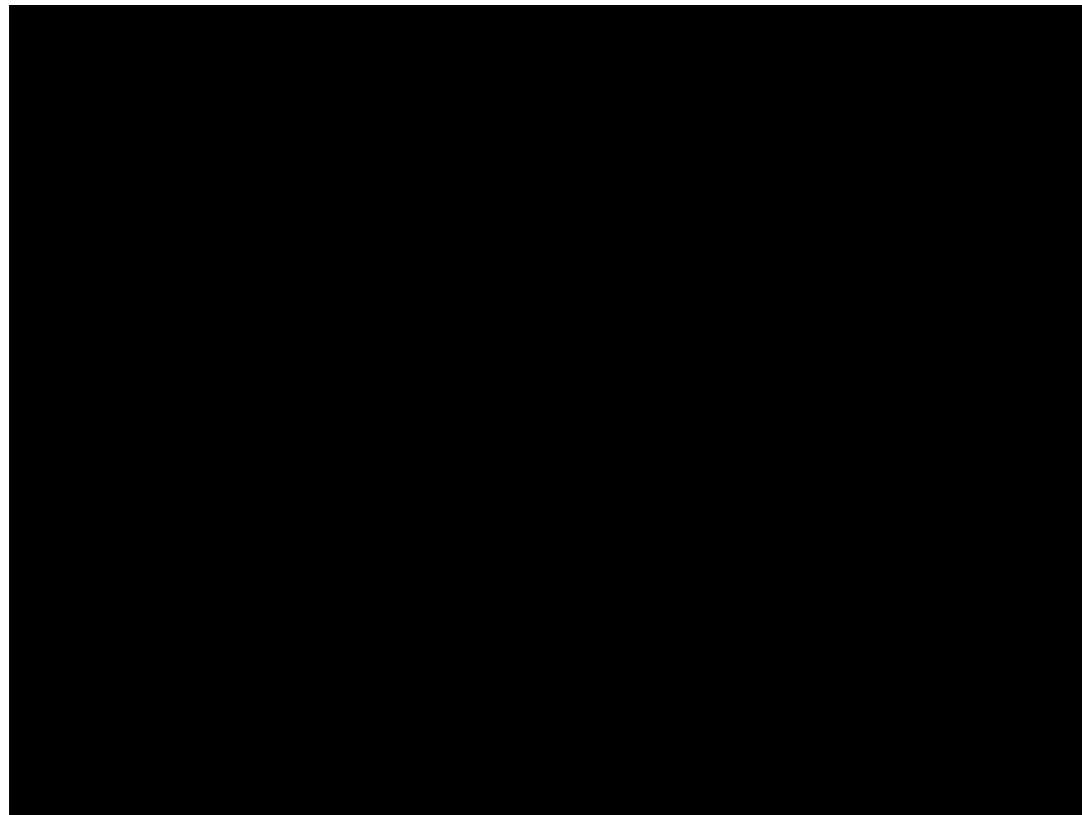
Sleeping



Sleeping



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sleeping

Sleeping

