

Explore Health in Space!

Books
Children ages 4–6 can explore what it would be like to travel to and live in space.

Children ages 4 to 8 will enjoy this exploration of how astronauts eat, drink, and sleep.

A female astronaut describes her training for a space shuttle flight and, once she is space-bound, what it is like to float, eat, exercise, and work in space. Lots of pictures! For children ages 5 to 8.

Children ages 4 -8 discover that radiation is all around us-in the earth, in the air, and in space. This book looks at the many different types of radiation. Find out where radiation comes from, why it is important, and how it can be extremely dangerous.

Demonstrations and activities for ages 8–10 explore the structure of our universe and space travel, along with some of the underlying physical principles.