

## *Explore Health in Space!*

### Websites

<http://edspace.nasa.gov/livespace/> - NASA's EdSpace page, for ages 6 and up, includes pages on life and science in space, food in space, hygiene and fashion in space, facts, video clips, links and more.

[http://whyfiles.org/124space\\_station/2.html](http://whyfiles.org/124space_station/2.html) - This site for 5 to 6 year olds and up explores space sickness, bodily effects, osteoporosis, radiation effects, breathing in space and more.

<http://www.pbs.org/spacestation/station/living.htm> - PBS's Space Station site provides in-depth features on sanitation in orbit, recreation and sleeping, eating in space, life in microgravity and more. Appropriate for ages 8 and up.

[http://www.kidshealth.org/kid/stay\\_healthy/index.html](http://www.kidshealth.org/kid/stay_healthy/index.html) - Kidshealth discusses a ton of different topics regarding staying healthy. Kids can learn how to be fit, how to eat nutritiously, and lots of other stuff. This site is appropriate for ages 8 and up.

<http://spaceflight.nasa.gov/living/index.html> - a great site for children ages 8-13 that presents short, illustrated pages about what it is like to eat, sleep, play, and work in space.

[http://hacd.jsc.nasa.gov/resources/kid\\_zone.cfm](http://hacd.jsc.nasa.gov/resources/kid_zone.cfm)

Download some terrific space nutrition newsletters and experiments designed for children ages 8 to 13. Newsletters present current research, games, activities, fun facts, and more. Experiments investigate how what we eat influences our bodies and health – on Earth and in space!

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### Books

Living in Space. Katie Daynes, Education Development Corporation, 2002, ISBN 0794503012.

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

Living on a Space Shuttle. Carmen Bredeson, Children's Press, 2003, ISBN 0516269550.

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

Astronaut: Living in Space. Kate Hayden, DK Children, 2000, ISBN 0789454211.

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.

Radiation. Mark Pettigrew, Stargazer Books, 2004, ISBN 1932799214.

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.

Cosmic Science: Over 40 Gravity-Defying, Earth-Orbiting, Space-Cruising Activities for Kids. Jim Wiese, John Wiley & Sons, 1997, ISBN 0471158526.

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