

## Secrets of cosmic cook

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Want to know why the orbit cannot take ordinary bread and being shocked by their foreign colleagues cosmonauts from Russia? The secrets of nutrition in orbit told Charles Bourland, a former specialist at NASA, nutrition and his colleague Gregory Vogt in the 'cookery book is an astronaut "

The book explains, inter alia, why some quite simple and seemingly "innocent" products are actually forbidden in space. Such as bread ... Crumble and conditions of weightlessness crumbs become a serious threat. Not only for equipment in the space station, but also for the astronauts themselves - no crumbs fall to the floor, but float in the cab station and the astronauts could inadvertently pull them into the lungs. Therefore, instead of bread eaten at the space station is usually corn tortillas. Milk is in orbit allowed, but they are delivered in there, only in powder form. Fresh milk weighs just too much and are highly perishable. Also, fruits are not welcome at the station - mainly because of the strong odor. Unusual cookbook author also says that astronauts from Russia unpleasantly surprised their colleagues from other countries admiration for strong-smelling products such as onions and garlic. One of the biggest challenges of feeding the people living in space is to develop the lightest food from the longest period of shelf life. Similar challenges faced by producers bars, and sandwiches and other popular products available in vending machines. As the author points out "cookbook astronaut" - such products are often a component of the diet astronauts. In the book there are also rules on space cuisine. However, most of them simply cannot prepare the earthly conditions.