



## Activity 3

# MARTIAN MEAL



Now that you've created a planetary planter for me, we should think about what I'm going to eat when I'm on Mars.

I'll need to make sure that I receive all of the right nutrition - will you help me plan my meals?



## YOUR CHALLENGE

DON'T FORGET TO TAKE PICTURES!

### 1 RESEARCH

What is the ideal balance of nutrients that humans need? What foods contain these nutrients?



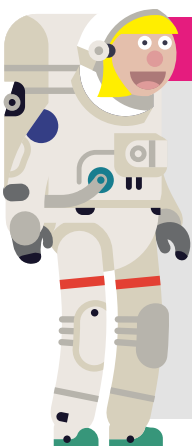
### 2 DESIGN

Come up with a meal which would contain food that has all of the right nutrients for a human to live healthily on Mars.



### 3 MAKE

With a grown-up's help, make the meal you have designed!



## EMILY'S TOP TIPS

Make sure that your meal is made of ingredients that you can easily get hold of to take to Mars.

