

Meal management in the space - Using of the disaster food as space foods-

KATAYAMA, Naomi^{1*}

¹Nagoya Women's University

Purpose:

We used the disaster food that I could store at normal temperature for five years as space foods. We put a disaster meal together and built many menus. We report the result that ate these menus in MDRS during two weeks.

Method:

In the case of disaster food, meals to steep in water or hot water are often found. In this case, we made disaster food by using hot water. Six crews ate disaster foods during two weeks and spent all most time in MDRS. As for six crews, every meal performed tast evaluation. Taste examination evaluated the highest score as ten points.

Result

Each taste examination for the 2-week disaster food menu got a high evaluation. Six crews thought that the meal quantity is small. They said that they want to eat it more. However, they spent two weeks without a problem about the quantity of the meal because they had little active mass in the closed colony space. The meal almost became 1800kcal~1600kcal rank. Six crew supplemented quantity of small meal by a snack.

Conclusion

It is very important that the meal is not to supply merely nourishment and affects concentration to joy and work. Because this meal contents use disaster food, it is with limited menu contents, but wants to suggest the menu which the taste of crew took in in future. We think that it becomes a valuable study to play role that the disaster food is important to on the earth. In addition, we will consider about allergy that is necessary to make good space foods in future.

Keywords: Disaster food, Menu, MDRS