3rd Grade Informational: Astronauts

Task Prompt: Write an informational article on astronauts using information and details from the sources. Use your own words except when quoting directly from the sources.

What It Takes to Be an Astronaut

Being an astronaut sounds exciting, but it takes a lot of work and training. Astronauts don't just float around in space. They study, exercise, and prepare for years before they can go. They must be smart, strong, and ready for anything that might happen in space.

Astronauts train for hundreds of hours. They learn how to live and work on the International Space Station (#1). They practice first aid, do science experiments, and even take scuba diving classes. Scuba diving helps them feel what it's like to move in space because it feels like floating. They also learn how to fix thing's and how to fly space vehicles that carry supplies to space.

When astronauts go into space, their bodys change. At first, they can feel dizzy and sick (#2). Their faces get puffy, and their legs get skinny. Their hearts and bones get weaker because they don't have to work as hard in space. To stay strong, astronauts use special exercise tools like big rubber bands. These help them move and strech their muscles while floating.

Even though it can be hard, being an astronaut is one of the most exciting jobs. Astronauts get to float in space, see the Earth from far away, and learn about how the body changes in space. I think it would be amazing to become an astronaut one day!