

- **aging process** = the way people become older
- **air stream** = flow of air that leads into space
- **although** = while
- **altitude** = height above the surface of the Earth
- **appliance** = machine
- **average** = normal, usual
- **break** = pause
- **canned** = in a round metallic container
- **carbon dioxide** = the gas that is produced when people or animals breathe out
- **carry out** = do
- **compare** = check, contrast; put next to each other
- **complete** = finish
- **conduct** = carry out
- **constantly** = always; without a break
- **create** = make
- **crew** = the people who work on board the space station
- **data** = information
- **deliver** = to bring to
- **dot** = small spot, mark
- **effect** = result, outcome
- **efficient** = here: they produce more energy
- **electricity** = the power we use to create light, heat up a room or run a machine
- **equipment** = machines that do a certain job
- **exercise** = to do sports or other activities to stay healthy
- **existence** = here: the time in which it has been active
- **expand** = to make bigger
- **expedition** = trip, journey
- **experience** = to go through
- **expose** = to be put under the influence of
- **fluid** = liquid, like water
- **frozen** = to be preserved at a very low temperature
- **future** = coming
- **ground controller** = person who watches the space station from Earth
- **insight** = an understanding of something
- **launch** = start
- **long-term** = for a long time
- **microgravity** = no gravity at all; to feel completely without weight
- **mission** = expedition, trip
- **monitor** = control, watch
- **mph** = miles per hour
- **muscle** = a piece of flesh inside your body that you use to move
- **naked eye** = without a telescope
- **orbit** = to go around
- **own** = belong to

- **oxygen** = a gas that is in the air and which we need to breathe and live
- **panel** = a flat piece of metal
- **partly** = somewhat
- **period** = time
- **power** = energy
- **prevent** = stop
- **process** = actions that are done to get a certain result
- **protect** = guard, defend
- **purpose** = reason
- **radiation** = energy in the form of light or heat waves that you cannot see
- **recycle** = to use over and over again
- **refrigerator** = machine that keeps food cool
- **researcher** = scientist; person who tries to discover new things about a certain topic
- **satellite** = a machine that goes round the Earth, moon or another planet; it is used to send data back to Earth
- **scientist** = a person who is trained in science and works in a lab
- **serve** = work as
- **similar** = like
- **slow down** = to become slower
- **space** = outside the Earth; the area around the planets, the sun and the stars
- **space agency** = organization that controls space research
- **spacecraft** = spaceship
- **speed** = how fast something is
- **stationary** = fixed to the floor
- **treadmill** = machine with which you can run on a moving belt and stay at the same place all the time
- **waste** = materials that are left over, which you do not need any more
- **weaken** = to become weaker
- **weightlessness** = something that seems to have no weight; to float
- **weightlifting** = to lift pieces of metal into the air
- **zero gravity** = when there is no power or force that pulls you down