

How to Lose Weight

When do you weigh nothing?

When the first astronauts went into space, an odd thing happened to them. They lost some weight. In fact they lost all their weight. They became so light they could **float** around in their space ship. They could stand on their hands, turn head-over-heels, or sit in the air.

It's fun to be **weightless** but it brings its problems. If you try to eat, your food floats off your spoon. If you read a book, it won't stay in your hands. If you try to walk, your feet won't stay on the ground.

All the food and other objects have to be kept in closed boxes that are **bolted down**. The astronauts' feet are kept down by rubber cups on the **soles** of their shoes, which stick to the floor.

Why do we float when we go into space? It's because we leave the pull of **gravity** that comes from the earth.

The text is about ____

True or False

- | | | |
|----------|----------|----------|
| 1. _____ | 2. _____ | 3. _____ |
| 4. _____ | 5. _____ | 6. _____ |

Put the sentences in the correct order.

- _____ All the food has to be kept in closed boxes.
- _____ An odd thing happened to the first astronauts..
- _____ It's fun to be weightless.
- _____ Why do we float when we go into space?

Match the words with their meanings.

- | | |
|--------------------|--------------------------------------|
| ___ 1. soles | a. rise on top of something |
| ___ 2. weightless | b. fastened tightly |
| ___ 3. float | c. without weight |
| ___ 4. bolted down | d. pull from the center of the earth |
| ___ 5. gravity | e. the bottoms of shoes or feet |