

## SPACE MEAL NUTRITION DESIGN CHALLENGE

### POST EVENT REPORT FORMAT

#### PARTICIPANT DETAILS

- Full Name (or Team Leader Name): \_\_\_\_\_
- Team Member(s) (if applicable, up to 3): \_\_\_\_\_
- City / Province: \_\_\_\_\_
- Institution / Organization (if any): \_\_\_\_\_
- Contact Number: \_\_\_\_\_
- Email Address: \_\_\_\_\_

#### PROJECT SUBMISSION DETAILS

1. **Title of Meal Plan / Concept:**  
\_\_\_\_\_
2. **Meal Plan (1-day: Breakfast, Lunch, Dinner):**  
*(summarize the 1-day plan, listing meals and ingredients)*  
\_\_\_\_\_
3. **Nutritional Rationale (300–500 words):**  
*(Explain why your meals are nutritionally balanced, how they provide psychological comfort, and why they are suitable for space conditions)*  
\_\_\_\_\_
4. **Cultural Comfort Consideration:**  
*(Which Pakistani tastes, traditions, or food elements are included and why?)*  
\_\_\_\_\_
5. **Shelf-Stability Explanation:**  
*(Describe how the proposed meals rely on dehydrated, freeze-dried, or shelf-stable ingredients suitable for storage in space)*  
\_\_\_\_\_
6. **Preparation Notes (in zero gravity conditions):**  
\_\_\_\_\_
7. **Supporting Material:**
  - Infographic / Food Packaging Idea / Preparation Diagram (1 page max)
8. **Optional Video Pitch / Demo Link (max 2 min):**