

# Mars nutrition: calories, protein, micronutrients, storage and appetite

## Guiding question

Concrete → flows → sensors → calculation → failure → refuge.

## Course map

The real phenomenon → Vocabulary and problem boundary → Course-specific system view → Mathematical relationship and reading the symbols → Worked calculations and interpretation

## 1 — The real phenomenon

Food must provide energy, protein, essential fats, vitamins, minerals, fibre and variety while remaining safe and acceptable. On a long mission, nutrient stability, packaging, mass, volume, waste, preparation water and especially actual intake matter. A theoretical ration that is not eaten does not protect health. Fresh crops can supplement food without being assumed to supply all calories.

The guiding question is: Why does delivering enough calories not guarantee a viable food system for years? Reasoning starts with the physical or operational function before introducing the mathematical relationship. The goal is not to accumulate terminology, but to know which quantity changes, why it changes and what becomes hazardous when it leaves its domain. For “Mars nutrition: calories, protein, micronutrients, storage and appetite”, the first task here is therefore to identify the mechanism specific to this subject before searching for an equation or reference value.

## 2 — Vocabulary and problem boundary

In “Mars nutrition: calories, protein, micronutrients, storage and appetite”, distinguish the phenomenon, available measurement, any command, the margin and the success criterion. The calculation boundary states what is included and excluded; without that boundary, a percentage, mass or time may be mathematically correct but wrong as an engineering conclusion. For “Mars nutrition: calories, protein, micronutrients, storage and appetite”, the chosen boundary also states what would otherwise be double-counted or omitted from a mission budget.

energy intake, protein, micronutrients, stored mass, crop yield, medical parameters and care time deficiency, crop loss, degraded pharmacy, uncertain diagnosis or unavailable medical resource storage tests, controlled plant growth, medical simulations and rationing scenarios

## Equation - evidence - decision

**$E_{\text{jour}} = \sum E_{\text{aliments}}$  ; autonomie = stock / consommation**

Failure to test: The reference failure is not a vague “broken component.” For “Mars nutrition: calories, protein, micronutrients, storage and appetite”, test in particular deficiency, crop loss, degraded pharmacy, uncertain diagnosis or unavailable medical resource. Diagnosis asks which symptoms appear first, which are only consequences and which action preserves the most options.

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### 3 — Course-specific system view

This lesson does not reuse one generic picture for every subject. The system view follows cause → measured quantity → decision or physical response → limit for “Mars nutrition: calories, protein, micronutrients, storage and appetite”. The English text remains fully equivalent while large translated illustrations are intentionally deferred until their dedicated artwork is supplied. For “Mars nutrition: calories, protein, micronutrients, storage and appetite”, the system view must expose inputs, outputs, measured quantity and the consequence of drift without relying on a generic module diagram.

### 4 — Mathematical relationship and reading the symbols

Read aloud : daily energy equals the sum of energy supplied by foods; endurance in days can be estimated as total stock divided by daily use.

Before substituting numbers, write the unit of every term, state whether the relationship is a physical law, approximation or project indicator, and check dimensional consistency. This is especially important here because “Mars nutrition: calories, protein, micronutrients, storage and appetite” combines quantities that do not all have the same evidence status. For “Mars nutrition: calories, protein, micronutrients, storage and appetite”, this relationship is chosen because of the phenomenon under study; a different dominant quantity would require a different equation or model.

### 5 — Worked calculations and interpretation

$2,600 \text{ kcal/day} \times 6 = 15,600 \text{ kcal/day}$  in this scenario

$1,800 \text{ kg} / 3 \text{ kg/day}$  for the crew = 600 days before losses and packaging

$400 \text{ fresh kcal} / 2,600 \text{ kcal} = 15.4\%$  of calories in this example, not 15.4% of “food” in every sense

1. 1. Crew energy  $2,600 \text{ kcal/day} \times 6 = 15,600 \text{ kcal/day}$  in this scenario Interpretation: this result is used only after comparison with units, margin and the scenario boundary for “Mars nutrition: calories, protein, micronutrients, storage and appetite”.

2. 2. Dry stock  $1,800 \text{ kg} / 3 \text{ kg/day}$  for the crew = 600 days before losses and packaging Interpretation: this result is used only after comparison with units, margin and the scenario boundary for “Mars nutrition: calories, protein, micronutrients, storage and appetite”.

3. 3. Fresh fraction  $400 \text{ fresh kcal} / 2,600 \text{ kcal} = 15.4\%$  of calories in this example, not 15.4% of “food” in every sense Interpretation: this result is used only after comparison with units, margin and the scenario boundary for “Mars nutrition: calories, protein, micronutrients, storage and appetite”.

#### Operational table

**Phenomena / sections:** 3 — Course-specific system view ; 4 — Mathematical relationship and reading the symbols ; 5 — Worked calculations and interpretation

**Relationship to revisit:**  $E_{\text{jour}} = \Sigma E_{\text{aliments}}$  ; autonomie = stock / consommation

**Expected decision:** measure → compare with margin → choose nominal, degraded or stop

#### Check before continuing

Explain without rereading: 3 — Course-specific system view ; 4 — Mathematical relationship and reading the symbols ; 5 — Worked calculations and interpretation. State one measured quantity, one margin and one possible decision.

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6 — What the formula does not contain

The relationship “ $E_{\text{jour}} = \sum E_{\text{aliments}}$  ; autonomie = stock / consommation” does not by itself contain all of “Mars nutrition: calories, protein, micronutrients, storage and appetite”. It does not automatically tell us whether a sensor is valid, a structure is aging, a resource is accessible, a command arrives in time or a secondary failure removes margin. The example  $2,600 \text{ kcal/day} \times 6 = 15,600 \text{ kcal/day}$  in this scenario therefore remains a local calculation rather than a complete architecture.

To make the model useful, explicitly add the quantities that dominate this subject: energy intake, protein, micronutrients, stored mass, crop yield, medical parameters and care time. We can then ask which variation truly changes the result, which is negligible and which forces an architectural change. For “Mars nutrition: calories, protein, micronutrients, storage and appetite”, this model limitation states exactly what a correct calculation still cannot establish about the real system.

7 — Instrumentation, observability and data quality

For “Mars nutrition: calories, protein, micronutrients, storage and appetite”, observability relies on energy intake, protein, micronutrients, stored mass, crop yield, medical parameters and care time. Each datum has a unit, acquisition rate, uncertainty, timestamp and validity domain. A value arriving without context can be more dangerous than no measurement because it creates unjustified confidence.

Consistency is checked with at least one independent piece of information when the function is critical. A trend, physical balance or second measurement principle helps distinguish a real system change from a drifting sensor. For “Mars nutrition: calories, protein, micronutrients, storage and appetite”, the selected instrumentation must distinguish a real physical change from sensor drift or a bad state estimate.

8 — Phenomenon-specific failures and recovery

The reference failure is not a vague “broken component.” For “Mars nutrition: calories, protein, micronutrients, storage and appetite”, test in particular deficiency, crop loss, degraded pharmacy, uncertain diagnosis or unavailable medical resource. Diagnosis asks which symptoms appear first, which are only consequences and which action preserves the most options.

The degraded mode must be defined before failure: minimum function, allowable duration, consumed stock, crew action, abort condition and return-to-nominal criterion. That sequence is topic-specific and cannot be replaced by one universal paragraph about redundancy. For “Mars nutrition: calories, protein, micronutrients, storage and appetite”, the degraded mode is defined around the minimum function specific to this subject, with an abort threshold and a return-to-nominal condition.

Operational table

|                          |                                                                                                                                             |
|--------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| Phenomena / sections:    | 6 — What the formula does not contain ; 7 — Instrumentation, observability and data quality ; 8 — Phenomenon-specific failures and recovery |
| Relationship to revisit: | $E_{\text{jour}} = \sum E_{\text{aliments}}$ ; autonomie = stock / consommation                                                             |
| Expected decision:       | measure → compare with margin → choose nominal, degraded or stop                                                                            |

Check before continuing

Explain without rereading: 6 — What the formula does not contain ; 7 — Instrumentation, observability and data quality ; 8 — Phenomenon-specific failures and recovery. State one measured quantity, one margin and one possible decision.

**Mars nutrition: calories, protein, micronutrients, storage and appetite****9 — NASA / reference case**

The reference case is selected from ECLSS, NASA-STD-3001 or human-analog evidence according to the topic. The goal is not to copy the ISS onto Mars, but to identify what has been demonstrated, what is environment-dependent and what still requires qualification for a mission without rapid resupply.

The case is used only within what it actually demonstrates. Flight measurement, human-system standard, component test and architecture study are different kinds of evidence; the text therefore states what is observed, calculated, simulated or still prospective. For “Mars nutrition: calories, protein, micronutrients, storage and appetite”, the cited NASA case is used as targeted evidence for this phenomenon and is never turned into one universal Mars architecture.

**10 — Architecture trade**

A good solution for “Mars nutrition: calories, protein, micronutrients, storage and appetite” does not maximize one metric. Compare nominal performance, mass, energy, simplicity, maintenance, crew time, common dependencies and recoverability. An option that improves 1,800 kg / 3 kg/day for the crew = 600 days before losses and packaging can still be rejected if it makes failure detection or repair much harder.

The trade is recorded together with its assumptions. If environment data, mass or mission cadence changes, we know which conclusions must be recomputed instead of silently preserving an obsolete choice. For “Mars nutrition: calories, protein, micronutrients, storage and appetite”, the trade is evaluated against the interfaces actually touched by this subject rather than a generic list of desirable qualities.

**11 — Demonstration, testing and success criteria**

The evidence strategy for “Mars nutrition: calories, protein, micronutrients, storage and appetite” combines storage tests, controlled plant growth, medical simulations and rationing scenarios. Every test records exact hardware, software, configuration, environment, tolerances and success criterion. A successful demonstration outside the mission domain does not replace qualification inside it.

Evidence grows by levels: analytical relationship, simulation, component, subsystem, integrated system, duration and failure. This hierarchy prevents one spectacular test from being presented as validation of the whole mission. For “Mars nutrition: calories, protein, micronutrients, storage and appetite”, demonstration must reproduce the constraints that make this phenomenon difficult; a spectacular test outside the mission domain is insufficient.

**Operational table**

|                                 |                                                                                                        |
|---------------------------------|--------------------------------------------------------------------------------------------------------|
| <b>Phenomena / sections:</b>    | 9 — NASA / reference case ; 10 — Architecture trade ; 11 — Demonstration, testing and success criteria |
| <b>Relationship to revisit:</b> | $E_{\text{jour}} = \Sigma E_{\text{aliments}}$ ; autonomie = stock / consommation                      |
| <b>Expected decision:</b>       | measure → compare with margin → choose nominal, degraded or stop                                       |

**Check before continuing**

Explain without rereading: 9 — NASA / reference case ; 10 — Architecture trade ; 11 — Demonstration, testing and success criteria. State one measured quantity, one margin and one possible decision.

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12 — Decision exercise

Situation: revisit “Mars nutrition: calories, protein, micronutrients, storage and appetite” with a 20% increase in the most penalizing quantity from the first worked example while one measurement or backup path is unavailable.

Situation: revisit “Mars nutrition: calories, protein, micronutrients, storage and appetite” with a 20% increase in the most penalizing quantity from the first worked example while one measurement or backup path is unavailable. Expected answer: recompute the relationship, identify remaining margin, check whether observability is still adequate, and decide whether degraded operation remains acceptable. Multiplying by 1.2 is not enough if the variation also changes interfaces or limits.

13 — What to retain without over-generalizing

14 — Topic-specific primary sources

These references directly document the phenomenon, technology or human constraint addressed in this lesson. They do not by themselves define an official Mars architecture. For “Mars nutrition: calories, protein, micronutrients, storage and appetite”, the bibliography is deliberately targeted to this page so that readers can trace each claim back to the relevant primary document.

Topic-specific primary sources

NASA NTRS — Life Support Baseline Values and Assumptions Document - <https://ntrs.nasa.gov/citations/20210024855>

NASA — Spaceflight Human-System Standard, Volume 2 - <https://www.nasa.gov/reference/nasa-std-3001v2/>

Operational table

|                          |                                                                                                              |
|--------------------------|--------------------------------------------------------------------------------------------------------------|
| Phenomena / sections:    | 12 — Decision exercise ; 13 — What to retain without over-generalizing ; 14 — Topic-specific primary sources |
| Relationship to revisit: | $E_{\text{jour}} = \sum E_{\text{aliments}}$ ; autonomie = stock / consommation                              |
| Expected decision:       | measure → compare with margin → choose nominal, degraded or stop                                             |

Check before continuing

Explain without rereading: 12 — Decision exercise ; 13 — What to retain without over-generalizing ; 14 — Topic-specific primary sources. State one measured quantity, one margin and one possible decision.