



The 55.0 kg astronaut is stationary in the spaceship's reference frame. She wants to move at 0.500 m/s to the left. She is holding a 4.00 kg bag of dehydrated astronaut chow. At what velocity must she throw the bag to achieve her desired velocity? (Assume the positive direction is to the right.)

Why?


**Check your Why? with Mr. C before continuing.**

How?

**Show all work including substitution with units.**

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Open the short cut **IP Con Mom Astro** in the folder on one of the lab stations.  
Enter the answer you found above. Check your answer by hitting the check button.  
If your answer is not correct follow the interactive steps below the problem to work through the solution. Write the correct steps with solution on the back of this page.