

It's possible to survive eating airline food

By Maria Godoy, NPR

When you think about a scrumptious meal, airline food does not come to mind.

There are plenty of challenges to tasty airline meals, like the fact that many airlines now charge you for anything more than a tiny bag of chips and a plastic cup of non-alcoholic drink, at least on domestic flights. Plus, you can't cook on an airplane, so anything you're served has probably been chilled, then reheated. And flight delays certainly don't help with the freshness factor.

But the bigger obstacles to palatable fare in the air are biological: Our senses are scrambled at high altitudes.

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