



## Video transcript for 'The major organs of the human body'

Your body contains lots of different organs all working together, each with their own special job to do.

Inside your head, protected by your skull, is your brain.

Your brain does all your thinking, and tells the other parts of your body what to do.

Here is your heart, which pumps blood around your body.

Your lungs are protected by your rib cage. They bring air in and out of your body.

Your stomach digests your food, breaking it down, ready for your liver to help digest it and store the nutrients.

Your liver also cleans your blood before your kidneys filter it.

All the waste is finally passed on to your intestines so it can leave your body.

Of course not all your organs are inside your body. Your skin is your largest organ and it does lots of different jobs.

It holds everything together in a protective waterproof layer.

It stops germs and dirt getting into your body and has sensors to tell you about your environment.

Such as how cold or hot it is.

To keep all your organs working well, you need to eat a healthy balanced diet, drink plenty of water and do lots of exercise.