



## Video transcript for 'What humans need to stay healthy'

What do humans need to stay healthy?

Your body can do all kinds of things.

But to keep it working at its best, you need to look after it by staying healthy.

Being healthy helps make sure you feel good, and means you are less likely to get sick.

It helps you do more fun activities, and it may help you live longer too!

So...what can you do to be healthy?

Well, you can eat a good balance of all kinds of food, including plenty of fresh vegetables and fruits.

You can drink lots of water...

...and you can do lots of exercise, to make your body stronger and fitter.

Another way of staying healthy is good hygiene, which means keeping clean and washing off germs that can make you or other people ill.

Some germs like to travel on your skin.

Some will travel through the air.

Others prefer dirty surfaces.

But simple things like washing your hands before you eat and after you use the toilet will help stop germs getting inside you and making you ill.

Last of all, you need plenty of sleep, because this is when your body recovers and grows... so you can do even more tomorrow!