



## Video transcription

**Topic: Health and wellness**

**Subtopic: Nutrition**

**Text**

**How your body works.**

How your body works. Let's think for a moment. Cars run on fuel.

Trees need sunlight, water, and nutrients from the soil. Lights need electricity, but what about the human body? What does it need to function? The human body also needs fuel to perform all its functions. That fuel is the food we eat, but not all food is the same, and each type of food has a different function in our bodies.

To understand how the human body works, it is important to know the different types of food we need.

**Fruits and vegetables.** They are essential to keep us healthy. They provide vitamins and minerals that help our immune system to function properly. For example, citrus fruits such as oranges and lemons are full of vitamin C, which strengthens the immune system and helps fight infections. Green leafy vegetables such as spinach and kale are rich in iron, which contributes to the production of red blood cells and improves the flow of oxygen throughout the body.

**Proteins.** Foods such as meat, fish, eggs, or legumes help repair tissues and keep our muscles and organs in good condition. For example, chicken and turkey are great sources of lean proteins that promote muscle growth and repair.

Fish such as salmon are rich in omega-3 fatty acids, which support heart health and brain function. Eggs provide high quality protein, essential for maintaining and repairing tissues.

**Cereals.** Foods such as rice, pasta, and whole grain bread provide the energy we need to get through the day. Whole grains such as quinoa and brown rice are rich in which aids digestion and keeps us satiated longer. Whole grain pasta provides a steady source of energy to its slow digesting carbohydrates, which help keep blood sugar levels balanced.

Oatmeal is another excellent cereal choice, offering a blend of fiber and protein that supports heart's heart health and provides long-lasting energy throughout the day.

**Dairy.** Milk, cheese, and yogurt provide calcium, essential for strong bones and teeth. For example, a glass of milk provides a good amount of calcium, which contributes to the formation and maintenance of strong bones. Yogurt, especially Greek yogurt, not only provides calcium but

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also contains probiotics, which promote intestinal health and improve digestion. Cheese, especially varieties such as cheddar and mozzarella, are also rich in calcium and can be a tasty addition to meals while promoting bone density and overall skeletal health.

Beyond these nutrients, food also has a deep connection to our culture. Every dish we prepare and share carries a story, full of traditions passed down from generation to generation. Recipes, flavors, and ingredients unite us and help us feel part of a community.

Food, in addition to nourishing us, strengthens our relationships and connects us to our history. So, the next time you think about what you eat, remember that your body, like a vehicle, needs the right fuel to function at its best. Feed your body with good nutrients, take care of your health, and celebrate the traditions that unite us through food.