



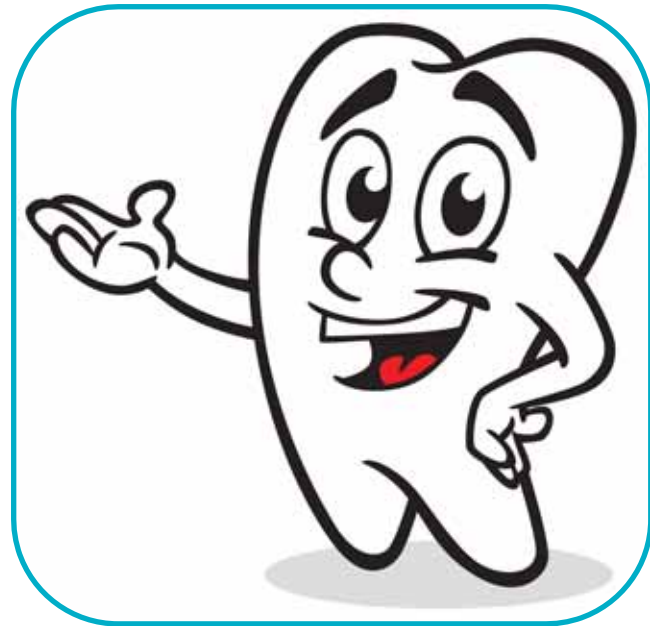
**How Is a
Cavity Made?**

**Have you ever wondered
how a tooth can get a
cavity?**

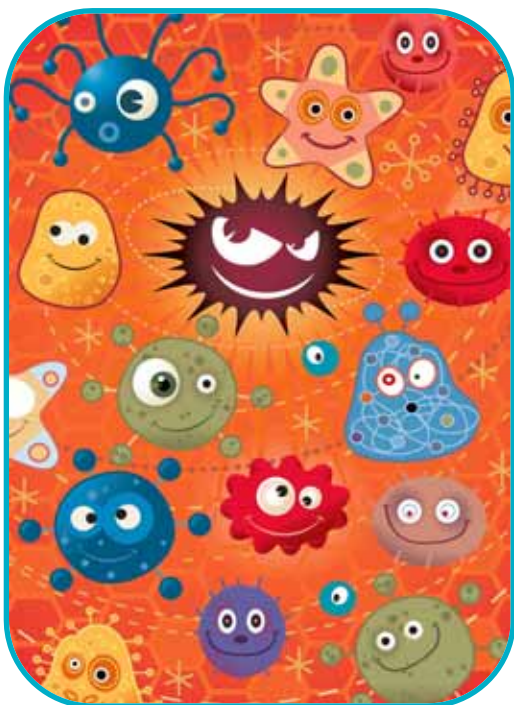


First you need a tooth.

**Do you
have a
tooth?**



Then you need some germs.



**Did you know
that we all have
germs in our
mouth?**

Then you need some sugar.

What foods
and drinks
are made
with lots of
sugar?



Germs love
sugar! Sugar
makes germs
strong.

When germs are strong they can make a hole in your tooth.



A hole in your tooth is called a cavity. Can you see the cavity?





A dentist can fix a cavity.



Lowe E. *How is a cavity made?* In Lowe E; National Maternal and Child Oral Health Resource Center; Maryland Department of Health and Mental Hygiene, Office of Oral Health; Head Start Oral Health Workgroup. 2012. *Oral Health for Maryland's Kids: A Head Start Teachers Guide for Creating Healthy Smiles*. Washington, DC: National Maternal and Child Oral Health Resource Center.

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