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.

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