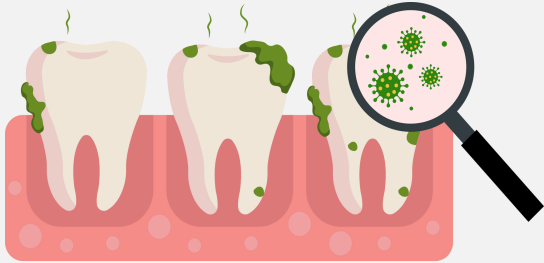
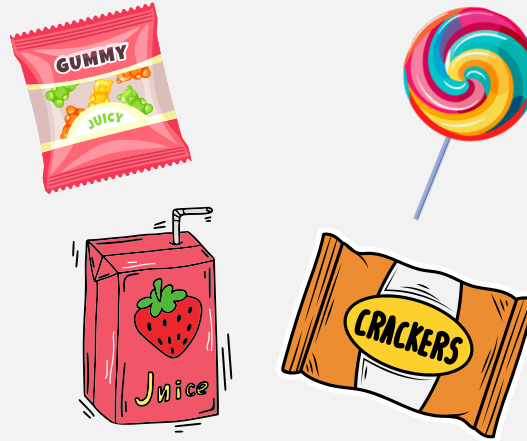


Cavities

There are germs that live in everyone's mouth. I cannot see them, but they can make me sick.



Some foods and drinks have sugar. The germs in my mouth use the sugar to make acid.



This acid will start to eat my tooth and make a little hole in my tooth, called a cavity. Cavities can hurt.



I will have to visit the dentist to have my cavity fixed.



It's important to eat and drink healthy.



I can drink water and eat fruits and vegetables, cheese and meats, and foods that don't stick in my teeth. This will not cause cavities and help keep my teeth healthy.

