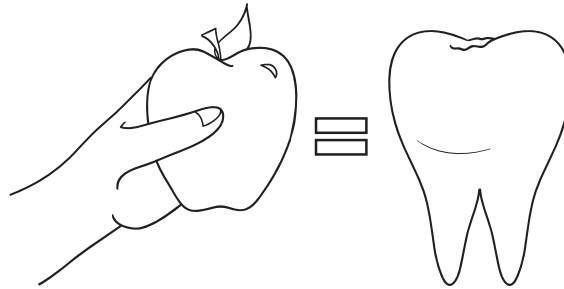


1



Pretend your apple is a tooth. It starts out shiny, healthy and with no holes.

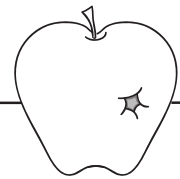
2



Poke a hole, the size of a dime, in the apple. This hole represents a cavity in a tooth.

3

Place the apple (tooth) on a counter top or table where you can easily see it as you pass by, and leave it there for 2-3 days.



After a few days, go back to your apple and observe the changes that happened. What does your apple (tooth) look like?

4

Conclusion: Cavities are holes in your teeth that are caused by lack of proper brushing, flossing, and unhealthy food. Remember to spend at least 2-3 minutes brushing your teeth everyday after you eat. Flossing and eating right are just as important and should be done everyday as well.

