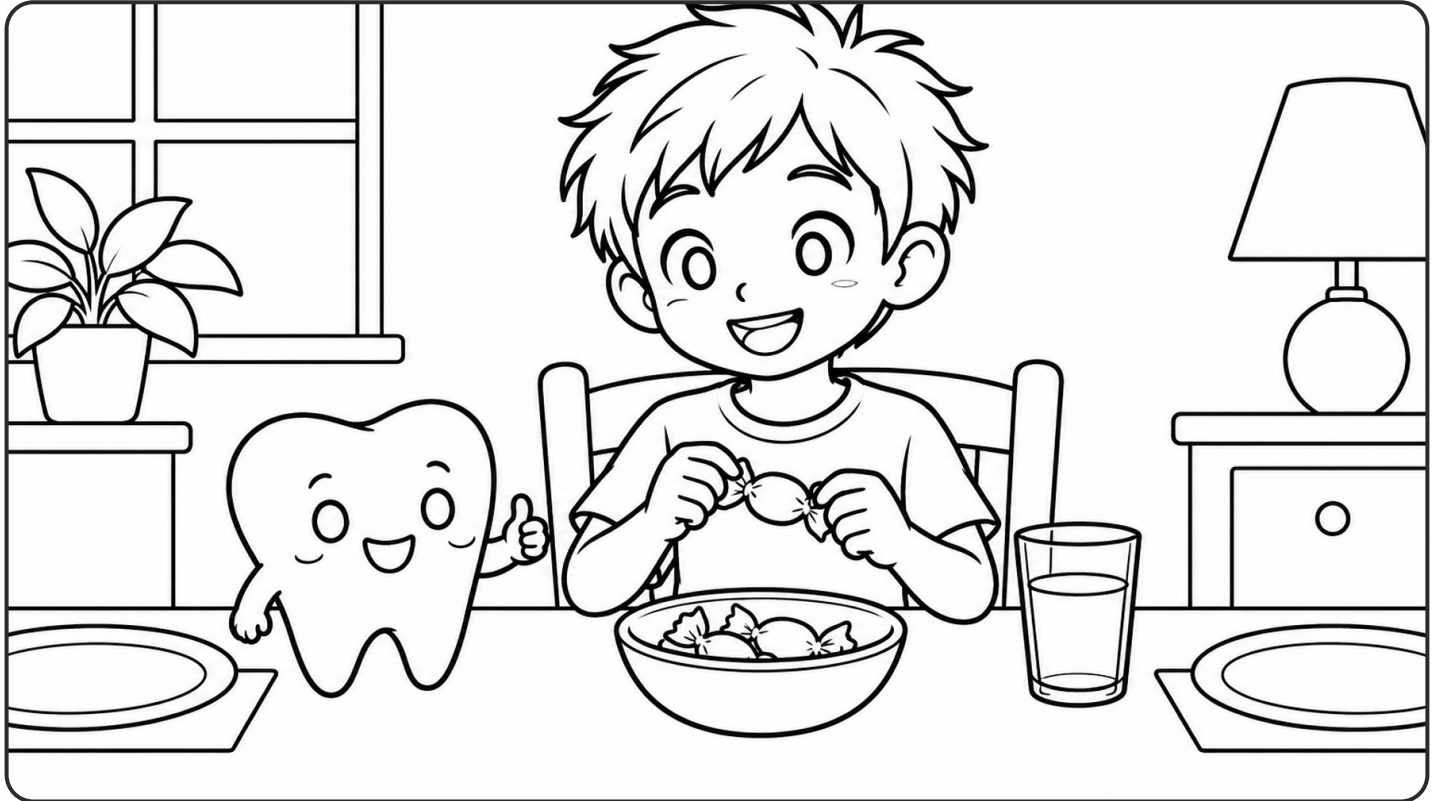


Why does Halloween candy give you cavities?



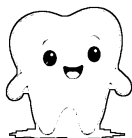
Grown-ups always say that too much candy gives you cavities. A cavity is a little hole in a tooth. But how can candy make a hole?



Why?

- 1. Your teeth wear a shiny suit of armor, called enamel.**
It is the hardest thing in your whole body, even harder than bone!
- 2. A few kinds of tiny germs love to eat sugar.**
They live on teeth, in a sticky film called plaque. When you eat candy, the sugar sticks to your teeth, and the germs have a feast. As they eat, they make a sour stuff called acid.
- 3. Acid slowly washes away tiny bits of the armor.**
One treat is not a problem. But if the acid attacks again and again, day after day, a weak spot can turn into a tiny hole. That's a cavity! A cavity can grow, and it can hurt.

Color Wiggly too!



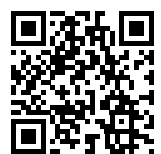
Try it! Paint the plaque pink

You need: a plaque tablet from the drugstore, a toothbrush, and a grown-up

1. Ask a grown-up for a plaque tablet. Chew it.
2. It paints the hidden plaque pink!
3. Now brush. Can you make all the pink go away?

What happened? The pink shows the sticky film where the sugar-loving germs live.

Video + more questions:
whywhywhykids.com/candy



scan with a grown-up