When a tooth is not healthy, a hole in the tooth can appear. This is called a cavity. Color in a cavity on the tooth below. Remember, you can prevent cavities by brushing your teeth, twice a day for 2 minutes, flossing every day, limiting sugary foods and snacks, and drinking tap water instead of soda pop, juice or sports drinks.

Find more fun oral health activities at: DeltaDentalMN.org