Sugarbug Doug

All About Cavities, Plaque and Teeth
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www.sugarbugdoug.com
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This is a bacteria named Doug. Doug is a sugarbug. He lives in your mouth.

Doug is very small and likes to hide between your teeth. He likes to hide there with all his friends.

Draw some things that sugarbugs don't like.
Doug loves his home. He loves all the food he finds there.

When a toothbrush cleans right next to your gums, sugarbugs have to hide between your teeth or they will be brushed away.

Whenever Doug finds food, he invites all his friends to come eat with him.

When floss cleans between teeth, Doug and his friends have nowhere to hide. They are washed out of your mouth!
Doug hates toothbrushes because they brush his food away.

Sugarbugs are scared of floss because it cleans between teeth.

Doug is very small, but when all his friends come out and eat, you can see them between your teeth and next to your gums.

You can scrape them off your teeth with your fingernail or a toothbrush.

What you scrape off is called plaque. It is usually a pale, yellow color.
Doug’s favorite food is sugar. The sweeter it is, the more he likes it.

Whenever Doug finds food, he makes acid. He likes to squirt acid on your teeth.

If acid is left on your teeth for a long time, the acid will make your teeth rot. These rotten holes are called cavities.

Sugarbugs can hide in cavities. They are safe from the toothbrush there. Once Doug has started a cavity, he can make it as big as he wants.
Instructions for printing and binding “Sugarbug Doug Minibook”

1. **Print** out all four pages

   ![Pages 1/8, 2/7, 3/6, 4/5]

2. **Make double sided copies**, 1/8 and 2/7 on one page, 3/6 and 4/5 on the other. Be sure that the sides are right side up to each other.

3. Place the 1/8–2/7 copy down first, with the 2/7 side up. Place the 3/6–4/5 copy on top with the 4/5 side up.

4. **Fold the copies** in the middle.

5. **Staple** the pages together, right on the crease of the fold, you will need a longer than normal stapler to do this correctly.

6. **Fold** the book back to normal, You are done!

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