

Drink	Volume	Strength %	= Units
Lager - Carling, Guinness	568ml	4%	2.3 units
Strong Beer - Heineken, Kronenbourg	568ml	5%	2.8 units
Alcopops - WKD, Smirnoff Ice	275ml	5%	1.4 units
Cider - Crabbies, Magners, Strongbow	568ml	5%	2.8 units
Shots - Vodka, Gin, Smirnoff	25ml	40%	1 unit
Wine - standard glass	175ml	12 %	2.1 units
Champagne	125ml	12%	1.5 units
Strong Cider - Diamond White	275ml	7.5%	2 units
Vermouth - Martini, Cinzano	50ml	15%	0.75 units
Shots - Whisky, Brandy, Dark Rum	35ml	40%	1.4 units
Strong Beer - Budweiser, Stella	568ml	5%	2.8 units
Cream Liqueur - Baileys	50ml	17%	0.85 units
Jagermeister	35ml	35%	1.2 units

True or False Quiz - Answers

1) *You can always sleep off a hangover and feel all right the next day.*

FALSE. Hangovers can last for a lot longer than just the morning after. Advice for adults is that after a lot of alcohol has been consumed, they shouldn't drink alcohol for another 48 hours to let the body recover.

2) *It's impossible to know how much alcohol is in a bottle of drink.*

FALSE. The amount of alcohol is usually shown on the drinks container, but you can calculate it yourself. (Unit Calculators next activity)

3) *A glass of beer, a glass of wine and a shot of spirits contain the same amount of pure alcohol.*

FALSE. It depends on the size of the glass, the strength of the drink (e.g. there are strong beers and weaker beers) and how full the glass is.

4) *Eating a meal before drinking alcohol stops a person from getting drunk.*

FALSE. Eating before drinking slows down the absorption of alcohol into the bloodstream, but doesn't stop it.

5) *Drinking plenty of water may reduce the effect of a hangover.*

TRUE. Many of the effects of a hangover come about because alcohol dehydrates the body. There is no cure and waiting until it has gone is the only thing you can do. However, drinking plenty of water and keeping off alcohol for at least the next 48 hours helps the body to recover.

6) *People are more likely to take risks after drinking alcohol.*

TRUE. Alcohol affects judgement so, after drinking alcohol, people tend to have fewer inhibitions and this can lead to risky behaviour.

7) *People who drink a lot of alcohol on a regular basis may become tolerant, and even addicted, to it.* **TRUE.** Someone who regularly drinks an excessive amount of alcohol may have to drink even more to get the same effect, and this can lead to addiction.

8) *Women tend to be more affected by alcohol than men.*

TRUE. Alcohol is distributed around the body in water. The female body has more body fat and less water than the male body, so alcohol concentrations are higher in females and therefore girls tend to get drunk faster than boys.

9) *Pregnant women are advised to limit the amount of alcohol they drink.*

TRUE. Alcohol crosses the placenta and can harm the developing foetus. This is called FAS (Foetal Alcohol Syndrome)

10) *The excessive consumption of alcohol carries health risks.*

TRUE. If someone drinks a lot in a short space of time they can increase the risk of accidents and injury. In high doses it can result in alcohol poisoning, leading to coma or even death. In the long term, drinking a lot of alcohol can lead to numerous diseases, such as cancer and liver cirrhosis. These can be fatal.

Impact of alcohol on a person...

Skin Too much alcohol dehydrates the body, which is bad news for the skin and complexion. It also dilates the blood vessels under the surface of the skin, leading to ugly veins on the nose and cheeks.

Head After a few drinks, it can be easy for someone to lose their head. They may feel more relaxed, emotional and uninhibited, but they also lose control. Their judgement is affected too. They might make a fool of themselves, get into trouble, cause an accident or do something they regret later. Every year 22% of accidental deaths are alcohol related. Alcohol draws water out of the brain. So, as the body starts to metabolise the alcohol, the drinker may feel dizzy, and be in for a throbbing headache if they drink too much.

Heart Drinking large quantities of alcohol over a short period can cause irregular heartbeats and shortness of breath. The government guidelines also suggest that for post-menopausal women and men over 40 when the risk of heart disease is highest, a daily drink can help protect against cardiovascular disease as alcohol 'thins the blood'.

Liver The liver breaks down most of the alcohol a person drinks. (The rest leaves the body in breath, urine and sweat.) But it can only break down about 1 unit (8g) of alcohol an hour in an average adult. More than that and it stops working properly. If the body can't cope with all the alcohol in its system, the person falls into an alcoholic coma (which can be fatal). Longterm heavy drinking kills off liver cells, leading to a disease called 'cirrhosis'. It's a 'silent' disease symptoms may not be noticeable until the disease is advanced. Long-term excessive drinking can also lead to liver cancer.

Brain Alcohol acts as a depressant on the brain, the control centre of the body. It can make the drinker feel happy for a little while, but that's followed by a depressing low. Long-term drinking can kill off brain cells and lead to memory loss and mental problems.

Eyes Alcohol dilates blood vessels in the eyes, so they can look red and 'bloodshot'. It also affects the signals sent from the eyes to the brain vision becomes blurred and distances and speeds get harder to judge. Many road accidents involve drivers or pedestrians who have alcohol in their blood. Too much alcohol also suppresses REM (Rapid Eye Movement) sleep. It's the most important phase of sleep so drinking can ruin the chance of a good night's rest.

Waist Although alcohol is fat free, it is very calorific (only fat contains more calories per gram) and increases your appetite, so it can lead to weight gain.

Gut Alcohol is absorbed from the stomach into the bloodstream. Your body's ability to process alcohol depends on various things, like your age, weight and sex. Your body breaks down alcohol at a rate of roughly one standard drink per hour. Because it takes time for your body to break down alcohol, drinking more than one unit of alcohol an hour will build up your blood alcohol concentration (BAC) and it may be many hours before you are safe to drive. After a night of heavy drinking you risk being over the drink drive limit the next morning.

Reproductive Organs Drinking alcohol can affect performance in the bedroom because the drinker's not fully in control of their body. Alcohol affects judgement too, so people may have unsafe sex, or sex they later regret. In women excessive may delay menstruation and effect fertility. As alcohol crosses the placenta to a foetus, you should not drink if you are pregnant.

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