

## How Many Units?

1. Joe drinks two bottles of Stella Artois lager at home before going out for the evening. At the pub he has four bottles of Stella Artois lager before going on to a club, where he drinks two more bottles of Stella Artois lager and two pub measures (35ml) of whisky (whisky is the same strength as vodka).	Total number of units: .....
2. Paris has three small bottles of WKD alcopops at a club during the evening.	Total number of units: .....
3. Wesley has one pint (approx 500ml) of Carling lager on his way home from work.	Total number of units: .....
4. Johny has three pints of Carling lager at a friend's house.	Total number of units: .....
5. Tania has a double vodka and coke at lunchtime, and another in the evening.	Total number of units: .....
6. Jodie drinks half a bottle of vodka (full bottle contains 1 litre) at a party.	Total number of units: .....

### Which of these people has drunk more than the recommended daily amount (RDA) of alcohol?

	Total Number of Units	Over RDA?	Under RDA
<b>Joe</b>			
<b>Paris</b>			
<b>Wesley</b>			
<b>Johny</b>			
<b>Tania</b>			
<b>Jodie</b>			

### Alcohol Units Guessometer

Guess how many units would be in the following – you might find some of the answers on a drink calculator wheel:

WKD 275ml bottle (small bottle)		
1.4 units	2.4 units	3 units

Stella 330 ml bottle (medium bottle)		
1 unit	1.7 units	2.7 units

Carling 500ml can		
1.5 unit	2 units	3 units

Double (2 x 35ml) vodka and coke		
1 unit	1.9 units	2.6 units

Large bottle of vodka 1 litre		
10 units	20 units	30 units
		40 units

Small bottle (275ml) of White Star cider		
2.1 units	3.5 units	4 units

What is the recommended safe drinking limit for under 18 year olds?		
0 units	1-2 units	3-4 units
		5-6 units

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# Answers

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0 units	1-2 units	3-4 units	5-6 units

**on no more than one day a week**

# Alcohol Quiz

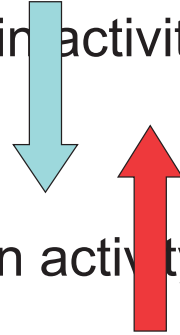


Q1: How many units of alcohol a day can an adult female safely drink?



## Q2: Alcohol is:

- A) a depressant (it slows your brain activity and body functions down)
- B) a stimulant (it speeds your brain activity and body functions up)
- C) neither of these



3

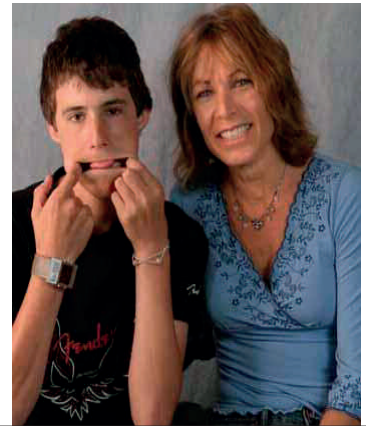
## Q3: Different kinds of drinks contain different kinds of alcohol

True or False ?



4

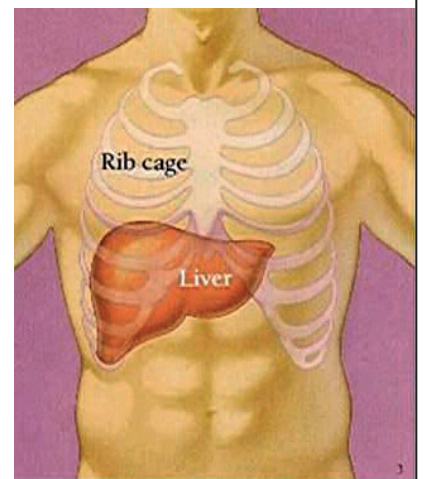
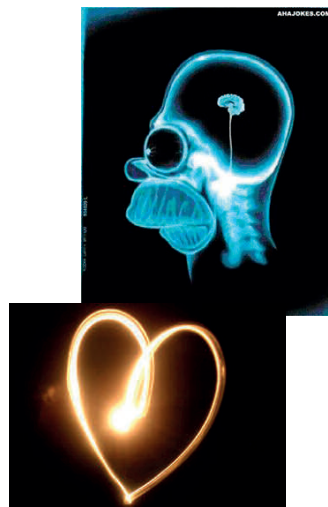
Q4: At what age can a parent legally give their child alcohol?



5

Q5: What organ in the body is most effected by alcohol?

- a) The Liver
- b) The Brain
- c) The Heart
- d) All of these



6

Q6: Drinking 21 units of alcohol (21 single shots of vodka or 7 cans of lager) in one hour could result in death

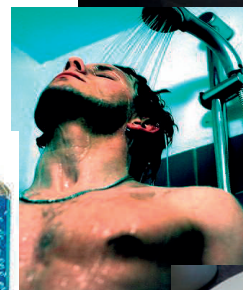
- Fact or Fiction



7

Q7: Which of the following will sober you up?

- a) Black coffee or Red Bull
- b) Cold Shower
- c) Fried food
- d) Alkaseltzer
- e) None of these



8

Q8: At least what age does safer drinking advice say that young people should be before they drink alcohol?



9

Q9. Drinking brandy or whisky warms you up  
Fact or Fiction?



10



Q10: How many people die each day in the UK from alcohol – their own drinking?

- a) 30
- b) 50
- c) 80



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Swap your answer sheet with the team next to you!!



12

A1: How many units of alcohol a day can an adult female safely drink?



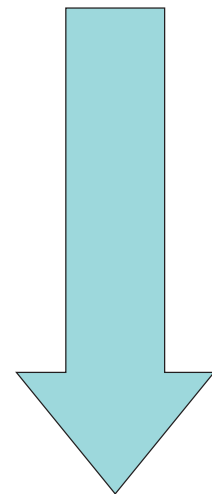
2 – 3



1

A2: Alcohol is:

A) a depressant (it slows your brain activity and body functions down)



2

A3: Different kinds of drinks contain different kinds of alcohol

**False**

All alcoholic drinks contain Ethyl Alcohol



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A4: At what age can a parent *legally* give their child alcohol ?



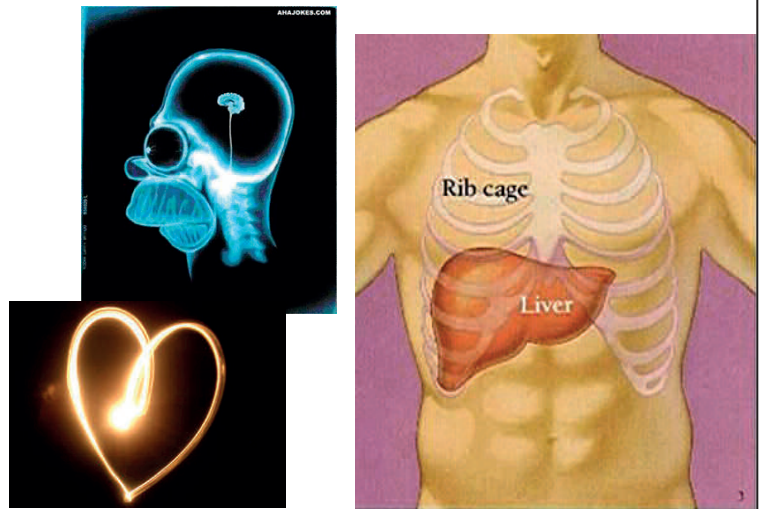
**5 years**

**However**, a parent can be prosecuted for supplying alcohol to under 18's for consumption outside of the home

4

A5: What organ in the body is most effected by alcohol?

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- c) The Heart
- d) All of these



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A6: Drinking 21 units of alcohol (21 single shots of vodka or 7 cans of Stella Artois) in one hour could result in death

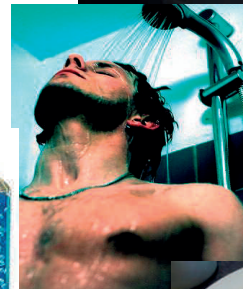
**Fact**



6

A7: Which of the following will sober you up?

- a) Black coffee or Red Bull
- b) Cold Shower
- c) Fried food
- d) Alkaseltzer
- e) None of these



7

A8: At least what age does safer drinking advice say that young people should be before they drink alcohol?



- **15 years** – and even then no more than 2-3 units of alcohol on no more than one day a week. **Your brain and liver are not fully developed until you are 21 years old!**

8

A9: Drinking brandy or whisky warms you up

**FICTION – it increases the chances of hypothermia**



9

A10: How many people die each day in the UK from alcohol – their own drinking?

**C) 80**



10