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**Q: List three ways in which you can put yourself at risk through drinking too much alcohol.**

**Possible answers: Making poor judgements i.e. getting into fights, having unplanned sex, falling over, loosing your memory, suffering blackouts**

**(Move forward one space for each correct answer up to three spaces)**

**Q: List three long term physical effects of drinking too much alcohol.**

**Possible answers: Having a stroke, getting cancer, osteoporosis (bone thinning), heart disease, liver disease, sexual problems, brain damage, weight gain**

**(Move forward one space for each correct answer up to three spaces)**

**Q: List three mental effects of drinking too much alcohol.**

**Possible answers: Anxiety, depression, self harm, unpredictable behaviour, family problems, relationship problems with friends, boy/girlfriends, problems at work, problems at school/college**

**(Move forward one space for each correct answer up to three spaces)**

**Q: What is the legal age for drinking alcohol in the UK?**

**A) 14 years  
B) 16 years  
C) 18 years**

**Answer: B): 16 years BUT you can't buy alcohol until you're 18. Once 16, you can ONLY drink alcohol at home or if it is bought for you in a restaurant WITH a meal.**

**(Correct answer - move forward 2 spaces)**

**Q: Which is the most fattening - a standard glass of wine or two biscuits?**

**A: They are both the same, a 175ml glass of wine has 115 calories, as does two plain digestive biscuits.**

**(Correct answer - move forward 2 spaces)**

**Q: What has alcohol got to do with the state of your hair?**

**A: Alcohol dehydrates - so it can make your hair brittle.**

**(Correct answer - move forward 2 spaces)**

**Q: What has alcohol got to do with the state of your nails?**

**A: Alcohol dehydrates - so it can make your nails brittle.**

**(Correct answer - move forward 2 spaces)**

**Q: What has alcohol got to do with the state of your skin?**

**A: Alcohol dehydrates - so it can make your skin dry**

**(Correct answer - move forward 2 spaces)**

**Q: List three parts of your body affected by the dehydrating affect of alcohol.**

**Answers: Dry/brittle nails  
Dry/brittle hair  
Dry/spotty skin**

**(Correct answer - move forward 1 space for each correct answer up to 3 spaces)**

**Q: How many units of alcohol per hour can your liver break down? Is it....**

**A) 1 unit  
B) 2 units  
C) 3 units  
D) 4 units**

**Answer: A): 1 unit**

**(Correct answer - move forward 2 spaces)**

**Q: A unit is a measure of alcohol. How many grams of alcohol make up a unit? Is it....**

**A) 6 grams  
B) 7 grams  
C) 8 grams  
D) 9 grams**

**Answer: C): 8 grams**

**(Correct answer - move forward 2 spaces)**

**Q: How many units is it safe for a man to drink each day?**

**A: 3-4 units a day.**

**(Correct answer - move forward 1 space)**

**Q: How many units is it safe for a woman to drink each day?**

**A: 2-3 units a day.**

**(Correct answer - move forward 1 space)**

**Q: Give two reasons why drinking alcohol might make you fat.**

**Answers: Alcoholic drinks are very high in calories and alcohol also increases the appetite.**

**(Correct answers - move forward 1 space for each correct answer)**

**Q: What does ABV stand for? Is it....**

**A)Alcohol by Volume  
B)Alcohol by Veracity  
C)Alcoholics Become Violent**

**Answer: A) Alcohol by Volume**

**(Correct answer - move forward 2 spaces)**

**Q: There are two ways to measure your alcohol consumption. What are they?**

**Answer: The units of alcohol (the alcoholic strength) in a drink and the size of the drink.**

**(Correct answers - move forward 1 space for each correct answer)**

**Q: How many calories in a pint of strong cider? Is it....**

**A) 374  
B) 474  
C) 574**

**Answer: C): 574 calories**

**(Correct answer - move forward 1 space)**

**Q: How many calories in a pint of draft (bitter) beer? Is it....**

**A) 182  
B) 282  
C) 382**

**Answer: A): 182 calories**

**(Correct answer - move forward 1 space)**