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Q: How many calories in a 275ml bottle of alcopop? Is it....

- A) 100
- B) 140
- C) 180

Answer: C): 180 calories

(Correct answer - move forward 1 space)

Q: How many calories in a half pint of sweet cider? Is it....

- A) 119
- B) 219
- C) 519

Answer: A): 119 calories

(Correct answer - move forward 1 space)

Q: How many calories in a half pint of dry cider? Is it....

- A) 92
- B) 102
- C) 112

Answer: B): 102 calories

(Correct answer - move forward 1 space)

Q: How many calories in a small (125ml) glass of white wine? Is it....

- A) 63
- B) 73
- C) 83

Answer: C): 83 calories

(Correct answer - move forward 1 space)

Q: If you drink alcohol and then exercise, what are you more likely to get? Is it...

- A) Stomach cramps
- B) Muscle cramps

Answer: A): Muscle cramps (up to 24 hours after drinking)

(Correct answer - move forward 2 spaces)

Q: How many people in the UK are drinking above the recommended alcohol limits? Is it ...

- A) 5 million
- B) 7 million
- C) 10 million

Answer: C): 10 million (Govt figures)

(Correct answer - move forward 2 spaces)

Q: A small sausage roll has the same number of calories as which two drinks?

- A) An alcopop
- B) A pint of standard beer or lager
- C) A glass of white wine

Answers: A) and B)

(Correct answers - move forward one space for each one)

Q: How many premature deaths in the UK are linked to alcohol misuse each year? Is it...

- A) 5,000 to 10,000
- B) 10,000 to 15,000
- C) 15,000 to 20,000

Answer: C): 15,000 to 20,000

(Correct answer - move forward 2 spaces)

Name two things that you shouldn't mix with alcohol.

**Answers:
Medication
Recreational drugs (i.e. Ecstasy or cocaine)**

(Correct answers - move forward one space for each one)

Q: How much alcohol can you drink before your driving is affected? Is it...

- A) None
- B) A pint of beer
- C) A glass of wine

Answer: None. Any alcohol impacts on your ability to drive safely.

(Correct answer - move forward 2 spaces)

Q: Each year alcohol related crime costs how much in the UK? Is it...

- A) £5.3 billion
- B) £6.3 billion
- C) £7.3 billion

Answer: C): £7.3 billion

(Correct answer - move forward 2 spaces)

Q: What percentage of violent crimes committed in the UK are linked to alcohol? Is it....

- A) 30%
- B) 40%
- C) 50%
- D) 60%

Answer: C): 50%

(Correct answer - move forward 2 spaces)

Q: Annually, how many incidents of domestic violence are linked to alcohol? Is it...

- A) 320,000
- B) 340,000
- C) 360,000

Answer: C) 360,000

(Correct answer - move forward 2 spaces)

Q: How is the amount of alcohol measured? Is it...

- A) By the size of glass it's served in.
- B) In units of alcohol
- C) By the size of the headache the next morning.

Answer: B): in units of alcohol.

(Correct answer - move forward 1 space)

Q: What do you do if a friend starts vomiting? Do you...

- A) Lie them on a bed and get back to the party.
- B) Laugh and give them another drink.
- C) Stay with them and make sure they can't choke on their vomit.

Answer: C): Stay with them.

(Correct answer - move forward 1 space)

Q: Which organ of the body gets rid of alcohol you drink. Is it...

- A) Pancreas
- B) Stomach
- C) Liver

Answer: C) The liver

(Correct answer - move forward 1 space)

Q: What percentage of 13-17-year-olds have bought alcohol from a pub or off licence. Is it....

- A)20%
- B)40%
- C)60%

Answer: C): 60%

(Correct answer - move forward 1 space)

Q: List as many reasons as possible for drinking less alcohol.

Possible answers: save money, improved health, better relationships, do job better, study better.

(Correct answers - move forward 1 space for each one agreed by group)