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**Q: How many units are in a standard bottle of Smirnoff Ice alcopop**

**A: 1.5 units.  
Smirnoff Ice is 5% alcohol.**

**A weaker alcopop, such as Bacardi Breezer, which is 4% alcohol, is 1 unit.**

**Q: How many units in a standard glass of wine and why might it be difficult to answer this question?**

**Answer: Between 1.5 units and 2.5 units for 175mls. Wines come in different strengths and a glass of wine served in pubs can range in size from 125ml to 250ml.**

**Q: How long does it take for your body to get rid of a unit of alcohol?**

**A: It takes the body of an average adult an hour to get rid of a unit of alcohol. But if you drink faster than your liver can get rid of it, the level of alcohol in your body rises - there's a topping up effect. (So both the alcohol you're drinking and what you've drunk in the previous 12 hours affects you).**

**Q: How can you work out how strong a alcoholic drink is?**

**A: All drinks show the percentage of alcohol they contain. It's written on their labels and shows how strong a drink is. For example the average beer is around 4% while a spirit like vodka is between 35% and 40%.**

**Q: How many units is it safe for a teenager to drink?**

**A: The government's advice is if you are under 18 you should not drink. If you do drink you should only do so once a week and on that day no more than the recommended daily amount .  
Men: 3-4 units  
Women: 2-3 units**

**Q: You went to a party and drank from 7pm to 2am. You consumed 14 units of alcohol. You are still drunk the morning after - why?**

**A: You're suffering from the 'topping up' affect. It takes an hour for your body to get rid of a unit of alcohol. You were drinking more than a unit an hour so your liver couldn't get rid of a unit before you drank another one.**

**Q: Which has the most calories - a pint of beer (bitter) or a Cadbury's flake cake?**

**A: A pint of beer (182 calories) compared with 180 calories in a Cadbury's flake cake**

**Q: Which has the most calories - a 25ml measure of vodka or a Jaffa cake?**

**A: Vodka (55 calories) compared with 46 calories in a Jaffa cake.**

**Q: Which has the most calories - a can of Stella Artois or a good slice of pizza deluxe?**

**A: A can of Stella Artois (221 calories per can) compared with 171 calories in the slice of pizza.**

**Q: What is the risk of you having an accident when driving if you've had just one just one drink?**

**A: Even if you're driving under the legal limit you are twice as likely to have an accident if you've had even one drink. The risk is up to five times greater if you're an inexperienced driver.**

**Q: Why do people start slurring their words after drinking?**

**A: Alcohol is a drug that slows down your nervous system. Once that happens, everything slows down - your reflexes, your reactions, your speech.**

**Q: What are congeners?**

**A: They are toxic, or poisonous, substances in alcoholic drinks. As well as natural substances, alcohol contains toxins. They combine with alcohol's ability to dehydrate you, leaving you with a stinking hangover the next day.**

**Q: Are the effects of binge drinking exaggerated?**

**A: No. If binge drinking becomes a habit, it can trigger a long list of health issues including liver disease or cancer, sexual difficulties, pancreatitis, stomach problems including ulcer, mood changes, brain damage, anxiety or depression, heart disease and stroke and potential fatal alcohol poisoning.**

**Q: Do sport and drink mix?**

**A: Absolutely not. The two might mix for your dad in the comfort of his arm chair, but ask a serious sports person and they'll tell you categorically that the two don't mix. Alcohol disrupts preparation and lowers performance. Never drink the night before a match of a race - it prevents good rehydration afterwards.**

**Q: Does alcohol improve your looks?**

**A: Probably not. Heavy drinkers can suffer with weight problems bad skin and bloodshot eyes as well as dry hair and brittle nails. They often smell of alcohol and if they get into arguments and fights can bruise and scar easily.**

**Q: Cirrhosis is a liver disease caused by drinking too much alcohol. In the UK how many people die annually through this disease?**

**A: Between 2,500 and 3,000. Liver cells are lost and replaced by scar tissue. The liver carries out several hundred important functions and with the loss of cells, these functions begin to fail. Heavy drinkers increase their chances of developing cirrhosis by 12 times compared to a light drinker.**

**Q: Even if you are a moderate drinker how many days should you try to set aside as alcohol-free days.**

**A: You should aim to have one or two non-drinking days each week to give your body time to recover.**

**Q: Drinking alcohol will make you more attractive to the opposite sex. True or false?**

**A: Not really. Your inhibitions will be lowered so you might have more confidence to chat someone up but that could lead to unplanned and unsafe sex, which puts you at risk of pregnancy or sexually transmitted diseases.**