



## Alcohol Quiz Answers

	True	False
1. Eating before going out slows down the effect of any alcohol you might drink	✓	
2. Black coffee can sober you up		✓
3. Most of the alcohol you drink passes out of the body when urinating		✓
4. Other drugs can change the effects of alcohol in the body	✓	
5. A pint of beer contains roughly the same amount of alcohol as a single whiskey		✓
6. Adding soda, lemonade or fruit juice reduces the amount of alcohol, causing the drink to have less effect		✓
7. Drinking spirits warms you up if you are really cold		✓
8. Alcohol takes about half an hour to reach your brain after you drink it		✓
9. Alcohol can affect your movement, speech, thinking, hearing and breathing	✓	
10. Alcohol affects women more than men because they are smaller		✓
11. Young people should only drink amounts that are below the recommended daily guidelines.		✓

# Explanations

1. **Eating before going to a party slows down the effect of any alcohol you might drink - TRUE** *Eating before drinking alcohol lines the stomach, protecting the stomach lining and slowing down the speed that alcohol passes into the blood stream.*
2. **Black coffee can sober you up – FALSE** *Coffee contains caffeine which is a stimulant drug. It might make you feel more awake but the alcohol will still be in your blood stream. The only thing that sobers you up is time.*
3. **Most of the alcohol you drink passes out of the body when urinating – FALSE** *Only 6% is disposed through the urine. Alcohol passes into your blood stream from your stomach and intestines. Alcohol is a diuretic drug which causes the body to get rid of water, causing the frequent need to urinate.*
4. **Other drugs can change the effects of alcohol in the body – TRUE** *Exposing the body to more than one drug at the same time is dangerous as it causes a mixture of unpredictable effects. Buckfast example.*
5. **A pint of beer contains roughly the same amount as a single whiskey – FALSE** *A pint of beer contains 2-3 units whereas a single whiskey (25ml) contains 1 unit.*
6. **Adding soda, lemonade or fruit juice reduces the amount of alcohol, causing the drink to have less effect – FALSE** *It is still the same amount of alcohol, it's just been diluted. Might be safer to drink it this way however as it takes you longer to drink it.*
7. **Spirits warm you up if you are really cold – FALSE** *All alcohol makes the drinker feel warmer as the blood vessels dilate and blood rises to the skin. However core temperature falls because heat is lost to the skin's surface. Many people fall asleep outside after a night drinking and die of hypothermia.*
8. **Alcohol takes about half an hour to reach your brain after you drink it – FALSE** *It only takes 5 minutes for an adult – less for a young person.*
9. **Alcohol can affect your movement, speech, thinking, hearing and breathing – TRUE** *Alcohol affects the brain first, then all the other functions slow down.*
10. **Alcohol affects women more than men because they are smaller - FALSE.** *It does affect women more than men but not because they tend to be smaller. Men have more water in their bodies so alcohol is diluted, and they also have bigger livers and an extra enzyme in their liver which helps get rid of alcohol more effectively.*
11. **Young people should only drink amounts that are below the recommended sensible drinking guidelines – FALSE** *There is no safe limit for under 18s to drink because their bodies (particularly livers) are still developing.*