



## Alcohol Activity Sheet

*Fill in the blanks*

1. The first function to be impaired by alcohol is \_\_\_\_\_.
2. Alcohol goes from the stomach and small intestine directly into the \_\_\_\_\_.
3. Alcohol has no nutritional value, but it is very high in \_\_\_\_\_.
4. The term BAC refers to \_\_\_\_\_.
5. \_\_\_\_\_ is an early sign of alcohol dependency.
6. Alcohol can damage body organs, especially the \_\_\_\_\_ and \_\_\_\_\_.

*Mark all answers that apply:*

1. **A person can sober up by:**
  - a. drinking two cups of coffee
  - b. exercising vigorously
  - c. taking a cold shower
  - d. waiting for the body to metabolize the alcohol
2. **The number one cause of death for teenagers and young adults is:**
  - a. suicide
  - b. heart disease
  - c. alcohol-related motor vehicle accidents
  - d. alcohol-related drowning
3. **A comparison of a can of beer, a glass of wine, and a shot of whiskey would show that:**
  - a. The whiskey has the most alcohol.
  - b. The beer has the least alcohol.
  - c. The alcohol content is about the same for all.
  - d. Wine and beer are closest in alcohol content.
4. **Using alcohol with other drugs:**
  - a. diminishes the effects of the other drugs
  - b. increases the effects of all the drugs, including the alcohol
  - c. has no significant effect
  - d. helps avoid addiction to any drug
5. **Pregnant women and nursing mothers are advised to drink:**
  - a. no more than once a week
  - b. only once a month
  - c. not at all
6. **Alcohol affects teenagers:**
  - a. more than adults
  - b. less than adults
  - c. the same as adults

*Mark each item True (T) or False (F):*

1. The amount of alcohol in one drink cannot affect a person's ability to drive. **T or F**
2. Teenagers can become addicted to alcohol more rapidly than adults. **T or F**
3. Females who drink are more likely than males to develop cirrhosis of the liver. **T or F**
4. Alcohol is a stimulant that speeds up the nervous system. **T or F**
5. A person can overdose and die from too much alcohol. **T or F**
6. People with alcoholic parents are less likely to develop a problem with alcohol. **T or F**