



Activity worksheet

Alcohol facts quiz answers

How much do you know about alcohol?

- 1. Alcohol is a stimulant drug** FALSE

Alcohol lowers central nervous system activity, thus slowing down the brain and body. Inhibitions also become lowered, making people more relaxed, leading some to do or say things they wouldn't normally.

- 2. Mixing drinks makes you more drunk** FALSE

Mixing drinks won't necessarily make you more drunk, but it may make you feel sick. Plus, it's much harder to keep track of how much you've drunk.

- 3. Alcohol was first made about 500 years ago** FALSE

Alcohol has been made for thousands of years. Egyptian papyrus from 3500 BC shows wine being made. The bible includes a description of Noah being drunk.

- 4. Drinking warms you up** FALSE

Alcohol widens blood vessels close to the skin, causing more blood to be closer to the surface. This might initially make you feel warmer, but it actually causes you to lose heat and reduces your core body temperature. A lowering of your core body temperature by 2°C causes hypothermia.

- 5. After a few drinks, people around you look more attractive** TRUE

Scientists have found proof of the beer-goggle effect! Researchers found that men and women who have drunk a moderate amount find the faces of the opposite sex 25% more attractive. With alcohol also lowering inhibitions, this generally results in increased sexual behaviour.

- 6. Women can't drink as much as men** TRUE

It's true, not just because men are generally bigger, but because they have more of an enzyme called 'hydrogenase' in the lining of their stomach. When this enzyme detects alcohol, it begins to metabolise it immediately. Women have less of that enzyme in their stomachs, so more of the alcohol gets into their bloodstream and they get drunk quicker.

But if women drink a lot, their body builds up a tolerance for alcohol, and they begin to metabolise it faster.

So women who are heavy drinkers may begin to catch up to men in their ability to cope with alcohol.

The final blow is that women get drunk faster when suffering from PMS.

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- 7. Alcohol results in 15,000 deaths in the UK each year** FALSE
There are about 30,000 alcohol-related deaths in the UK each year.
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- 8. Drinking water with alcohol helps to prevent hangovers** TRUE
Drinking water in between glasses of wine or beer helps to combat the dehydrating effects of alcohol, which contribute to hangovers. It also helps to reduce the number of alcoholic drinks consumed in an evening.
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- 9. Heroin causes more deaths than alcohol** FALSE
Alcohol use results in about 30,000 deaths per year in the UK. Heroin use results in fewer than 1,000 deaths per year.
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- 10. Drinking cheap wine gives you a worse hangover** TRUE
Some cheap red wines contain methanol. When the liver breaks this compound down, it releases formic acid as a by-product. Scientists believe this molecule is the cause of severe hangover symptoms.
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- 11. Drinking pints of beer gives men a big round 'beer belly'** FALSE
Alcohol contains lots of calories and can cause weight gain. However, it is not just the beer that gives some men a big round belly shape; this is simply where men store fat best.
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- 12. Alcoholism causes a 'whiskey nose'** FALSE
Many people who drink heavily will be lacking in essential vitamins and often have poor skin as a result. However, the condition of rhinophyma, which causes a red bulbous nose, has very little to do with alcohol consumption. It is the later stages of a skin condition called rosacea that commonly affects adults over 40. Women are more likely to suffer from rosacea than men, but the advanced stage is more common in males.
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- 13. It is illegal to drink alcohol under the age of 18** FALSE
It is not illegal to drink alcohol at any age. It is illegal to give alcohol to a child under the age of 5. People aged 5 and over can drink, for example, at home. It is legal to supply beer, cider or wine to a person aged 16 or 17 on licensed premises, providing they are having a meal. It is illegal to supply alcohol to a person under 18 from an off-licence.
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- 14. Half the adults admitted to hospital with head injuries are drunk** TRUE
Surveys in hospitals show at least 50% of people with head injuries are drunk.
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