Year 9 Health Drugs and Alcohol Task

Visit the following webpage and research the following:

<http://www.druginfo.adf.org.au/drug-facts/alcohol>

1. What is alcohol?
2. Identify 4 short term effects from low doses.
3. Identify 4 short term effects from high dose.
4. Identify four reasons why it is used.
5. What types of symptoms occur in someone with a hangover?

Click on the link- standard drink and complete the following task:

This is a 285ml pot of beer.

What are the standard drinks for:

Full strength:

Mid strength:

Low strength

Below are standard drinks

Shade the standard drinks based on your knowledge of the following:

375ml of beer full strength

375ml of beer mid strength

375ml of beer low strength

Red/white or sparkling wine:

This is a 250ml glass.

Mark in 100ml and 150ml and what it is equivalent to in standard drinks.

How many drinks in a bottle?

**Spirits**

How many standards drinks in a bottle?

What is a standard drink? Draw in your own picture.

Write down the standard drinks and alcohol percentage for pre-mixed drinks.

What are the short term risks of drinking alcohol?

What are the long term risks of drinking alcohol?

Briefly summarise the low risk drinking guidelines.

Visit the following site to play the drinking nightmare game and explore for information:

<http://www.drinkingnightmare.gov.au/internet/DrinkingNightmare/publishing.nsf>