

ALCOHOL

WORKSHEET

1

The safe amount of alcohol to drink per day for men is no more than 4 units (adult), and 3 for women.

How many of each of the above is this? Complete the table below.

Type and amount of drink	Typical amount of alcohol in units	Men	Women
1 Small glass wine	1 unit		
25ml measure of vodka	1 unit		
1 pint normal strength lager	2 units		
1 pint of strong cider	2.5 units		
25ml measure of whiskey	1 unit		
1 bottle of wine	6 units		
1 bottle of normal lager	1.5 units		
1 bottle of vodka mix drink	2 units		

Extension

What's more?

- 1) 3 glasses of wine or 2 pints of beer?
- 2) 2 measures of whiskey or 2 bottles of lager?
- 3) 2 bottles of vodka mixer drinks or 2 pints of normal strength lager?
- 4) 1 pint of strong cider or 2 measures of vodka?
- 5) 3 measures of whiskey or 2 pints of lager?

Most bottles of vodka or whiskey are 750ml - how many units of alcohol is this?