



TALK ABOUT ALCOHOL

SCIENCE/
ENVIRONMENTAL
STUDIES
WORKSHEET 3

SHORT-TERM EFFECTS OF ALCOHOL ON THE BODY

When alcohol is swallowed, how does it affect the body in the short term? The effect depends on the person – their gender, size and weight, what they've been drinking, and whether they've eaten anything first.

Because it depends on weight and size, the person's age is important too. The same amount of alcohol will have a much greater effect on the body of a child or young person than on an adult, because their bodies are still growing and developing.

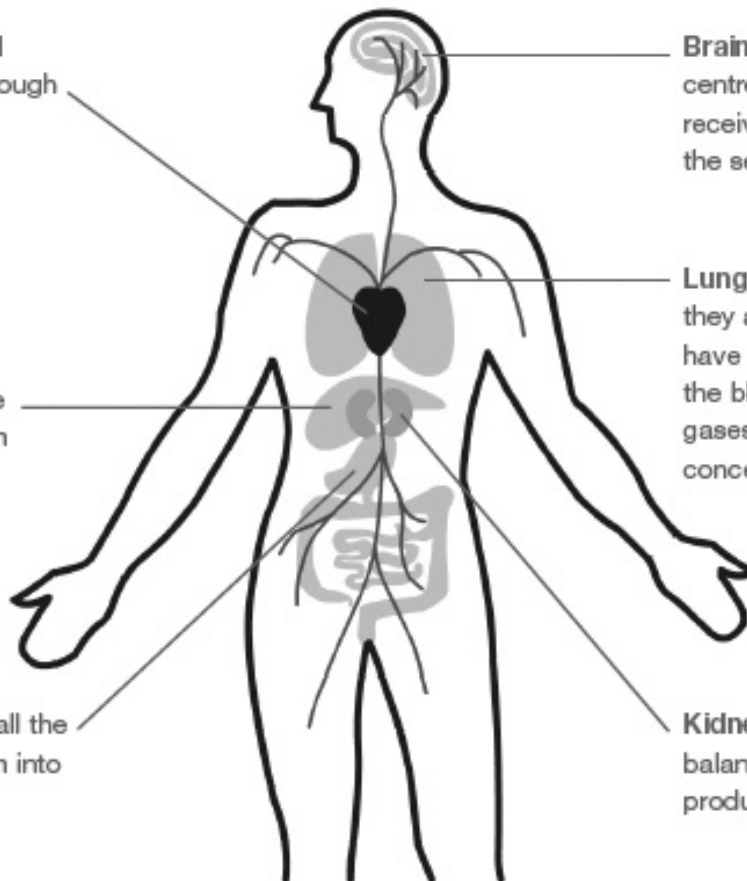
ACTIVITY ONE

Look at the diagram below.

Heart: pumps blood around the body through the blood vessels

Liver: processes the food and drink taken into the body

Stomach: receives all the food and drink taken into the body



Brain: acts as the control centre of the body, and receives information from the sense organs

Lungs: exchange gases – they absorb gases that have a low concentration in the blood, and excrete gases which have a high concentration in the blood

Kidneys: control the water balance in the body and produce urine

Draw a line to connect the parts of the body with the short-term effects experienced after someone has drunk alcohol.

Brain	Slurred speech
Kidneys	Difficulty standing up or walking
Liver	Looking flushed
Heart	Feeling sick
Lungs	Needing to urinate more (less anti-diuretic hormone secreted)
Stomach	Loss of self-control
	Slow reactions
	Dehydration leading to a 'hangover'
	Blurred vision
	Breath smelling of alcohol



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ACTIVITY

TWO

1. After drinking a lot of alcohol in the evening, can someone avoid a hangover by drinking a glass of water before they go to bed? Give reasons for your answer.
2. Can someone get rid of the effects of alcohol quickly by drinking a cup of coffee? Give reasons for your answer.
3. How would having a meal before drinking alcohol affect the concentration of alcohol in someone's blood? Give reasons for your answer.
4. Why is cirrhosis of the liver called a 'silent disease'?

There is information to help you at alcoholeducationtrust.org/body-watch/