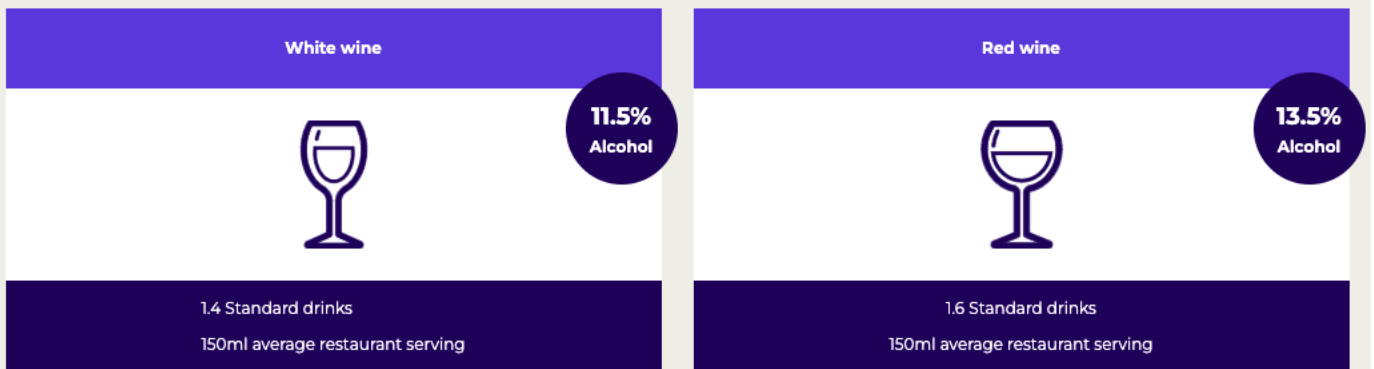


Understanding standard drinks

Data shows that most young Australians don't drink alcohol, which is the safest and healthiest option. However, if you or a friend choose to drink in the future, it is important to be aware and keep track of the number of [standard drinks](#) you might consume.

Wine



Beer & cider



Spirits



Understanding standard drinks

- 1** There are two glasses with an equal amount of liquid in each. One glass has wine (Glass A) in it and the other glass has full strength beer in it (Glass B). Which glass has more alcohol in it?

Glass A



Glass B



- 2** There are two glasses with an equal amount of liquid in each. One glass has low strength beer (Glass A) in it and the other glass has 30ml of vodka, mixed with soft drink (Glass B). Which glass has more alcohol in it?

Glass A



Glass B



If a person decided to have a maximum of 2 standard drinks, how many servings of each of the below drink types and sizes can they have before they reach this limit and should stop drinking? Round down to the nearest number and choose from the answer bank.

1.0

1.5

2.0

2.5

- 3** 30 ml spirit: _____
- 4** 375ml can of high strength pre-mixed spirits: _____
- 5** 275ml full strength pre-mixed spirits: _____
- 6** 100ml of wine: _____
- 7** 375ml bottle of low strength beer: _____



Draw a line to connect the beverage with the correct number of standard drinks (if using a computer, type the number of standard drinks next to the beverage).

8 One can of full-strength beer	1.4
9 700ml bottle of spirits	4.2
10 330ml high strength alcoholic soda	1
11 3 cans of full-strength beer	22
12 30ml spirit	1.8

Fill in the blank, choosing from the answer bank.

1.0

1.4

1.8

2.2

2.6

3.8

13 A 375ml can of full-strength beer has _____ standard drinks in it.

14 A 330ml bottle of high-strength alcoholic soda has _____ standard drinks in it.

15 A six pack of full-strength beer has _____ standard drinks in it.