

LONG TERM EFFECTS OF ALCOHOL ON THE BODY

SCIENCE/ ENVIRONMENTAL STUDIES 11 - 16 WORKSHEET 6

Drinking alcohol has short term effects on the body (Worksheet 3). However, drinking excessive alcohol over a longer period of time can have serious effects on a person's health.

ACTIVITY ONE

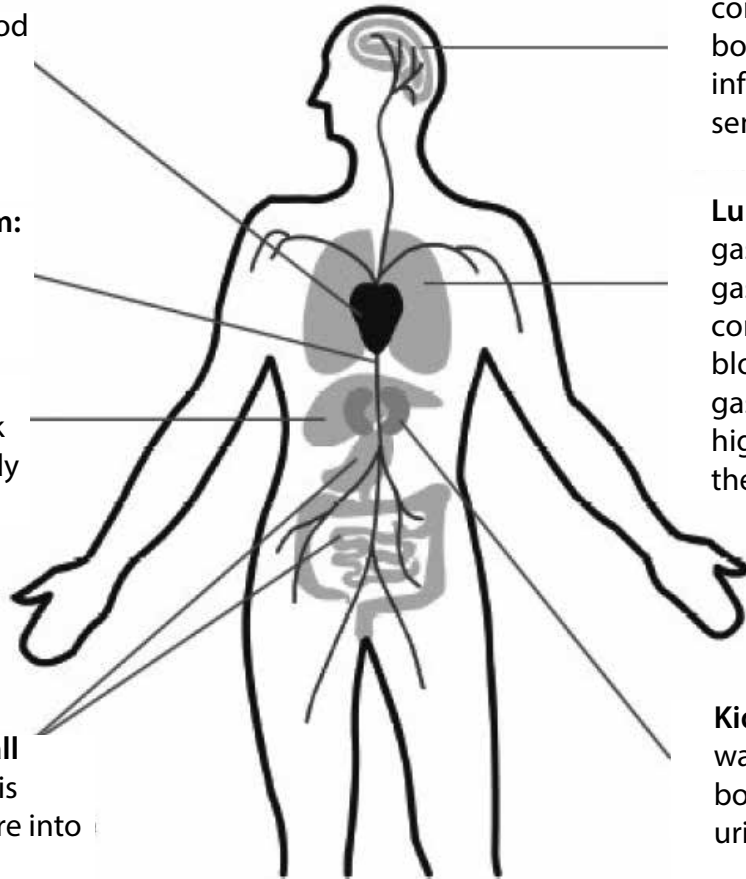
Look at the diagram below:

Heart: pumps blood around the body

Circulatory system: transports blood around the body

Liver: processes the food and drink taken into the body

Stomach and small intestine: alcohol is absorbed from here into the bloodstream



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

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Draw a line to connect the parts of the body with the long-term effects of drinking heavily.

There is information to help you at talkaboutalcohol.com/interactive-body/

Brain

Liver

Heart

Circulatory system

Lungs

**Stomach and small
intestine**

Kidneys

Cirrhosis and cancer

Ulcers

Depression and mood swings

Urinary infections

Memory loss

Bloodshot eyes

High blood pressure

Mental illness

Flushed complexion

Rapid pulse

Vomiting and diarrhoea

Dehydration

ACTIVITY TWO

1. How can alcohol affect someone's facial appearance?
2. Why can drinking alcohol lead to weight gain?
3. Why is the liver particularly at risk from long-term drinking?
4. Why should pregnant women avoid alcohol?