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:
Draw a line to connect the parts of the body with the long-term effects of alcohol.

- Brain: Cirrhosis and cancer
- Liver: Ulcers
- Heart: Depression and mood swings
- Circulatory system: Urinary infections
- Lungs: Memory loss
- Stomach and small intestine: Bloodshot eyes
- Kidneys: High blood pressure
- Urinary infections
- Depression and mood swings
- Bloodshot eyes
- High blood pressure
- Memory loss
- Urinary infections
- Bloodshot eyes
- High blood pressure
- Memory loss
- Urinary infections

There is information to help you at [www.talkaboutalcohol.com/interactive-body/](http://www.talkaboutalcohol.com/interactive-body/)

**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 restrict the amount of alcohol they drink?