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
- **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
- **Liver**: processes the food and drink taken into the body
- **Stomach**: receives all the food and drink taken into the body
- **Kidneys**: control the water balance in the body and produce urine

Draw a line to connect the parts of the body (on page 2) with short term effects experienced after someone has drunk alcohol.
Short-term Effects of Alcohol on the Body

Science/Environmental Studies Worksheet 3

Brain
- Slurred speech
- Difficulty standing up or walking

Kidneys
- Looking flushed

Liver
- Feeling sick
- Needing to urinate more (less anti-diuretic hormone secreted)

Heart
- Loss of self-control
- Slow reactions
- Dehydration leading to a ‘hangover’
- Blurred vision
- Breath smelling of alcohol

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 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 talkaboutalcohol.com/interactive-body/