

HOW MANY UNITS IN A DRINK? - WORKSHEET

1. Fill in how many units you think are in each drink
2. How many units are adults allowed?
3. Why are there no safe guidelines for those under 18?

Beer and Cider



A pint
of lower strength (4%)
lager, beer or cider



A 500ml can
of higher strength (7.5-9%)
lager or beer or cider

CHECK THE LABEL

Most drinks tell you
how many units are
in them

Know your limits

Units of alcohol
per 125ml glass



Alcopops



A small bottle (275ml) of
lower strength (4%) alcopop

A large bottle (700ml) of
higher strength (5%) alcopop

The UK Chief Medical Officers recommend that
adults do not regularly exceed:



_____ units a
week
for women

_____ units a
week for men



Spirits



A single measure of spirit
(40%)



A double measure of spirit
(40%)

Wine



A standard glass (175ml) of
lower strength (12%)
wine or champagne



A small glass (125ml) of
higher strength (14.5%)
wine

CMO Guidance:

- (1) Children and their parents and carers are advised that an alcohol-free childhood is the healthiest and best option. However, if children drink alcohol, it should not be until at least the age of 15 years.
- (2) If young people aged 15 to 17 years consume alcohol it should always be with the guidance of a parent or carer or in a supervised environment.
- (3) Parents and young people should be aware that drinking, even at age 15 or older, can be hazardous to health and that not drinking is the healthiest option for young people.

If 15 to 17 year-olds do consume alcohol they should do so infrequently and certainly on no more than one day a week. Young people aged 15 to 17 years should never exceed recommended Government guidelines.