

# Did you know? Units quiz

Be entered into a special PRIZE DRAW with a chance to win a mystery prize!

Test your booze knowledge. Complete this quiz hand it in to a member of staff stating your name, email address or telephone number or return it to:

David Wilson, PO Box 15, Floor 2, Rochdale Town Hall, Esplanade, OL16 1AB

Your name:..... Your telephone number:.....

Your email address:.....

1. How many units are in a large glass (250ml) of 12% ABV wine?

- (a) 3
- (b) 2
- (c) 1

2. How many units are in a pint of 3.6% ABV bitter?

- (a) 1
- (b) 2
- (c) 5

3. How many grams of pure alcohol make up a unit?

- (a) 20
- (b) 2
- (c) 8

4. How many units per day does the Chief Medical Officer recommend that men should not regularly exceed?

- (a) 5-6
- (b) 1-2
- (c) 3-4

5. How many units per day does the Chief Medical Officer recommend that women should not regularly exceed?

- (a) 2-3
- (b) 1
- (c) 5-6

6. If you drink over double the recommended limits for lower-risk drinking, how many times more likely are you to suffer from mouth cancer?

- (a) Twice
- (b) 3 times
- (c) 5 times

7. How many years does a man dying from alcohol-related causes lose from his life?

- (a) 5
- (b) 20
- (c) 10

8. Are the following statements TRUE or FALSE?

(a) Women who exceed the lower-risk limits for regular drinking increase their risk of breast cancer by a quarter  
True  False

(b) If you regularly exceed your lower-risk limits you increase the risk of having a stroke through high blood pressure  
True  False

(c) It is safer to avoid alcohol if you are trying to get pregnant  
True  False



**Answers**  
1. a, 2. b, 3. c, 4. c, 5. a, 6. c, 7. b, 8. a) False - they increase their risk by a third, b) True, c) True