

**YEAR 8 LESSON 2 Healthy Lifestyles**  
**TITLE All About Alcohol****KEY CONCEPTS**

- ◆ Recognising that healthy lifestyles, and the wellbeing of self and others, depend on information and making responsible choices
- ◆ Understanding that physical, mental, sexual and emotional health affect our ability to lead fulfilling lives, and that there is help and support available when they are threatened
- ◆ Dealing with growth and change as normal parts of growing up

**KEY PROCESSES**

*Pupils should be able to:*

- ◆ Use knowledge and understanding to make informed choices about safety, health and wellbeing.
- ◆ Find information and support from a variety of sources
- ◆ Assess and manage the element of risk in personal choice and situations

**CONTENT**

- ◆ Individual, pair and small group quiz and worksheet activities to increase knowledge and understanding around alcohol and impacts on health, safety and personal wellbeing.

**LEARNING OUTCOMES**

*by the end of the lesson pupils will be able to:*

- ◆ Demonstrate knowledge of the effects of alcohol on the body
- ◆ Identify differing strengths of alcohol and unit measures
- ◆ Apply their knowledge of units of alcohol to assess risk to health

**FUNCTIONAL SKILLS**

- ◆ Communication/Speaking/Listening
- ◆ Numeracy: calculating alcohol units

**RESOURCES**

- ☐ Drinkaware Alcohol Unit Calculators – available free from [www.drinkaware.co.uk/resources](http://www.drinkaware.co.uk/resources)
- ☐ Powerpoint “Alcohol Quiz”
- ☐ Handouts:
  - 8.1 – How Many Units
  - 8.2 – Alcohol Units Guessometer. Question and answer sheet
- ☐ Some empty bottles/cans are useful to show students sizes of containers in Guessometer activity.

## LESSON PLAN

### Activity 1

- ❖ Quiz – divide students in teams of 5-6 and run quiz as a “pub quiz”, with a team name, and a team leader to record the answers. There are 10 questions on the powerpoint, followed by the answers.
- ❖ The questions are designed to provoke some discussion around facts and fiction, the difference between health advice for young people and adults and the difference between laws on what can happen within the home compared to outside the home.
- ❖ The safer drinking guidelines are based on long term health effects from alcohol: regularly drinking above the daily amounts is closely linked with liver disease, cancers of the throat and oesophagus, stroke and brain damage.

### Activity 2

- ❖ Handout copies of the Guessometer question sheet. If students have access to unit calculators, they will find all the answers on those, if not they can just guess.
- ❖ When going through the answers highlight that:
  - some single drinks are over the daily recommended safe limit for adults, e.g. a can of Stella Artois has 3 units, so this is over the limit for some women.
  - mixing drinks or free-pouring alcohol makes it much more difficult to calculate the number of units

### Activity 3

- ❖ Give out “How Many Units” handout
- ❖ Ask students to work alone or in pairs to complete the questions on the worksheet.
- ❖ Go through the answers with the class afterwards.