

Alcohol Units



A 25ml shot of 40% Whisky
UNITS: **1 UNIT**



A 275ml bottle of 4% Alcopop
UNITS: **1.1 UNITS**



50ml of 37.5% Vodka & Coke
UNITS: **1.9 UNITS**



A 250ml glass of 13% Wine
UNITS: **3.3 UNITS**



A 568ml pint of 4% Lager
UNITS: **2.3 UNITS**



2 35ml shot of 17% Cream Liqueur
UNITS: **1.2 UNITS**

1 unit = 10ml or 8g of pure alcohol. An adult should not drink more than 14 units a week, but do you know how many units are in some common alcoholic beverages.

Match each of the unit amounts below to its corresponding drink.

2.3 UNITS

1.9 UNITS

1 UNIT

1.1 UNITS

3.3 UNITS

1.2 UNITS