

Name _____

The Not-So-Sweet Side of Alcohol: How It Affects Your Health

Multiple Choice Questions

1. What is the primary organ responsible for breaking down alcohol in your body?
 - a) Kidneys
 - b) Liver
 - c) Stomach
 - d) Brain

2. Which of the following is NOT a potential consequence of excessive alcohol consumption?
 - a) Liver damage
 - b) Improved memory
 - c) Weakened immune system
 - d) Heart problems

3. What is the term for the weakening of the heart muscle often associated with heavy alcohol use?
 - a) Cardiomyopathy
 - b) Pneumonia
 - c) Osteoporosis
 - d) Migraine

4. Why can alcohol disrupt your sleep cycle?
 - a) It makes you sleep longer.
 - b) It has no effect on sleep.
 - c) It causes frequent awakenings during the night.
 - d) It helps you sleep deeper.

5. Which of the following is NOT a potential mental health consequence of alcohol misuse?
 - a) Feelings of sadness
 - b) Improved concentration
 - c) Anxiety
 - d) Depression

