

Name _____

Binge Drinking: A Risky Roller Coaster Ride

Multiple Choice Questions

1. What is binge drinking?
 - a) Consuming two or more alcoholic drinks within an hour
 - b) Consuming four or more alcoholic drinks within a couple of hours for males
 - c) Consuming five or more alcoholic drinks within a couple of hours for females
 - d) Consuming one alcoholic drink in a day

2. Why do people often engage in binge drinking?
 - a) To stay healthy
 - b) To improve academic performance
 - c) During social gatherings or parties
 - d) To reduce stress

3. What is one of the health risks associated with binge drinking?
 - a) Improved cognitive function
 - b) Reduced risk of accidents and injuries
 - c) Increased risk of alcohol poisoning
 - d) Enhanced physical health

4. How can binge drinking affect academic and work performance?
 - a) It has no impact on academic or work performance.
 - b) It can lead to improved concentration and grades.
 - c) It may result in absenteeism and poor performance.
 - d) It guarantees promotions at work.

5. What is one way to avoid binge drinking mentioned in the passage?
 - a) Consume as much alcohol as possible in a short time.
 - b) Plan your binge-drinking episodes in advance.
 - c) Say yes to peer pressure.
 - d) Alternate alcoholic drinks with non-alcoholic ones.

