

Name _____

The Roller Coaster Ride: Exploring Short-Term Effects of Alcohol

Multiple Choice Questions

1. What is one of the short-term effects of alcohol that can impair your decision-making?
 - a) Enhanced judgment
 - b) Improved coordination
 - c) Impaired judgment
 - d) Clear speech

2. Why might you experience a dry mouth after drinking alcohol?
 - a) Because alcohol makes you less thirsty
 - b) Because alcohol is a diuretic
 - c) Because alcohol contains a lot of water
 - d) Because alcohol has no effect on hydration

3. What can happen to your memory when you consume too much alcohol?
 - a) Your memory improves
 - b) You have vivid dreams
 - c) You might experience memory blackouts
 - d) You remember everything clearly

4. Which of the following is a common symptom of a hangover?
 - a) Feeling energetic
 - b) Increased sensitivity to light and sound
 - c) Clear thinking
 - d) Improved mood

5. How can alcohol affect your sleep quality?
 - a) It helps you sleep deeply
 - b) It has no effect on sleep
 - c) It causes frequent awakenings during the night
 - d) It makes you sleep longer

