

SAY YES to a healthy lifestyle

SAY NO to alcohol



You Are What You Drink.

Unscramble the words, and draw a line to connect them to the correct parts of the body. Then figure out from the list at the bottom which word belongs in the blank space. (The correct scrambled word and the word that goes in the blank appear upside down at the bottom of the page.)

nuslg

Drinking large amounts of alcohol can make it hard for you to _____. You can pass out. If you throw up, you may not be able to breathe easily and you might choke.

yinsdke

Alcohol can make you go to the _____ over and over. You become dehydrated, meaning you don't have enough water in your body. Without enough water, these organs could stop working.

comtahs

Alcohol can irritate this organ and make it produce too much acid. That can cause you to _____ or feel sick later.

esity

Alcohol can make it hard to stay awake, but it also disturbs your _____. When you wake up, you will still be tired, and maybe grouchy as well.

riban

Drinking alcohol might depress you and affect the way you _____ and move. This could make you do things that you wouldn't usually do. You might forget your address or become so dizzy that you can't tie your shoes, unlock a door, or ride your bike. You might run across a highway or do something else that's dangerous.

areth

Alcohol can stress this organ. You may have an irregular heartbeat, high _____ pressure, or even a stroke.

tuhmo

Alcohol can make you slur your words. You may speak too loudly. You may say rude things that offend people. You may say things you'd never say if you hadn't drunk alcohol. Your _____ may stink.

bathroom breath think throw up sleep breathe blood

1. lungs breathe 2. kidney bathroom 3. stomach 4. throw up 5. eyes sleep 6. brain think 7. mouth blood