

HOW MANY CALORIES ARE IN YOUR GLASS OF ALCCOHOL?

MATCH THE ALCOHOLIC DRINK WITH THE FOOD THAT HAS THE SAME AMOUNT OF CALORIES IN IT.



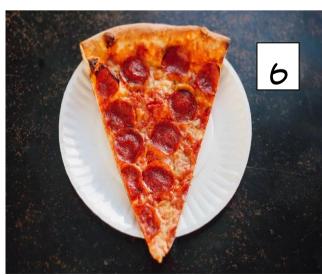




























ANSWERS:

1 LARGE GLASS OF WINE = 3

1 PINT OF CIDER = 5

1 PINA COLADA COCKTAIL =4

1 ALCOPOP = 1

2 BOTTLES OF HEINEKEN = 6

1 GLASS OF CHAMPAGNE = 2

Resource created by young people and staff associated with Solent Youth Action as part of the 'Mind the Gap' project funded by the British and Foreign School Society 2019-2020.