Path of the Alcohol

1) **Mouth** - The alcohol goes to the mouth and into the esophagus.
2) **Stomach** - It goes to the stomach walls and then to the intestines.
3) **Small intestines** - It goes to the small intestines and gets absorbed. It also goes to the bloodstream.
4) **Blood stream** - The heart pumps the blood and alcohol to all parts of the body.
5) **Brain** - The heart pumps the alcohol to the brain until the liver oxidizes it (burns it up). Alcohol slows down the reaction time, thinking skills, etc.
6) **Liver** - The liver takes out the alcohol in the process of oxidation by turning the alcohol into water, carbon dioxide, and energy. The water is taken out from the body by urinating or sweating. The carbon dioxide is taken out by breathing. This is why you can smell the alcohol from a person’s mouth when they breathe.

**Definitions:**

Nicotine: one of the most addictive substances known to a scientist.
Drug: chemical that changes the way you think, act or do something.
0.08: The amount of alcohol in a person’s bloodstream when impaired.
Alcoholism/alcohol abuse: Using alcohol in a way that causes problems for the individual or for others around that person.
Alcohol: produced by fermenting or distilling various fruits, vegetables or grains.
Hangover: Feeling sick nauseous or have a headache day after drinking alcohol.
Over 100: Number of chemicals that are found in a cigarette.
Tar: tobacco residue

**5 tips on nutrition**

1) Eat healthy
2) Drink water
3) Drink 100% juice instead of pop or artificial juice
4) Drink a lot of milk
5) Try to follow Canada’s food guide.

Abstinence: is not having/refraining from sex.

Sexuality: how you present yourself as a male or female.