

## Teacher Notes

### Alcohol Serving Size Poster

Each type of alcohol has a particular serving size which relates to the amount of alcohol in each beverage.

Beer = 12 ounces

Wine = 5 ounces

Liquor = 1 ½ ounces

By volume, liquors such as vodka have a higher concentration of alcohol. This is why the serving size for liquor is smaller than the serving size for beer or wine.

Typically, liquors range from between 40% and 50% alcohol. This percentage can be expressed in terms of a “proof”. To calculate the proof of a particular type of alcohol you take the percentage of alcohol and multiply it by two. If a liquor has a 40% alcohol content, it would have a strength of 80 proof; a 50% alcohol content has a strength of 100 proof.

Many types of alcohol are packaged in different sized containers; even though the container size changes, one serving is still the same amount shown in the poster. For example, beer can be purchased in 16oz bottles or 40oz cans. Each of these “packages” contains more than one serving of alcohol.

Have the student’s calculate the serving size for:

16 oz. = 1 and 1/3 servings

40 oz. = 3 and 1/3 servings