
Moderate Alcohol Use Case Studies

Directions: Read the case studies and decide if the person is drinking moderately or not. Mark an “X” for Moderate or Not Moderate.

	Moderate	Not Moderate
A. Carl works long hours. Most weeks, he doesn't drink any alcohol during the week. On Saturdays, he likes to go to his friend's house to relax. He often drinks 8 or 10 beers when he is with his friends on Saturdays. Is this moderate drinking?	_____	_____
B. Greg likes beer. Most evenings, he has a mug of beer with dinner. His mug can hold 14 ounces of beer. Is this moderate drinking?	_____	_____
C. Nancy tries to watch her weight, so she drinks light beer. Last night, she went out with her husband. She had 3 light beers. Is this moderate drinking?	_____	_____
D. Most days, Carol has a beer with her lunch. In the afternoon, she usually has a small glass of wine or half a beer. Before dinner, she often has a martini with her husband, and they have a glass of wine with dinner. Is this moderate drinking?	_____	_____
E. Cassandra is pregnant. Her baby is due in 5 months. She had one small glass of wine at a party last weekend. Is this moderate drinking?	_____	_____
F. Alex went to a bar with his friends last Saturday. He had four non-alcoholic beers. Is this moderate drinking?	_____	_____

Moderate Alcohol Use Case Studies Answer Key

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A. Carl works long hours. Most weeks, he doesn’t drink any alcohol during the week. On Saturdays, he likes to go to his friend’s house to relax. He often drinks 8 or 10 beers when he is with his friends on Saturdays. Is this moderate drinking?	_____	_____X_____
B. Greg likes beer. Most evenings, he has a mug of beer with dinner. His mug can hold 14 ounces of beer. Is this moderate drinking?	_____X_____	_____
C. Nancy tries to watch her weight, so she drinks light beer. Last night, she went out with her husband. She had 3 light beers. Is this moderate drinking?	_____	_____X_____
D. Most days, Carol has a beer with her lunch. In the afternoon, she usually has a small glass of wine or half a beer. Before dinner, she often has a martini with her husband, and they have a glass of wine with dinner. Is this moderate drinking?	_____	_____X_____
E. Cassandra is pregnant. Her baby is due in 5 months. She had one small glass of wine at a party last weekend. Is this moderate drinking?	_____	_____X_____
F. Alex went to a bar with his friends last Saturday. He had four non-alcoholic beers. Is this moderate drinking?	_____X_____	_____