

Yr 10 HPE Alcohol & Other Drugs Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. What is the standard drink size of a Vodka Cruiser (Pre-Mixed) bottle?**
 - A. 275 mL (1 bottle)**
 - B. 313 mL**
 - C. 268 mL**
 - D. 469 mL**

- 2. Which of the following is a main category of drugs?**
 - A. Depressants**
 - B. Carbohydrates**
 - C. Vitamins**
 - D. Proteins**

- 3. What are the three main categories of drugs?**
 - A. Antibiotics, Antivirals, Vaccines**
 - B. Depressants, Stimulants, Hallucinogens**
 - C. Vitamins, Minerals, Proteins**
 - D. Hormones, Enzymes, Carbohydrates**

- 4. Which is a harm minimisation guideline when drinking?**
 - A. Eat food whilst you drink**
 - B. Skip meals to save calories**
 - C. Mix alcoholic drinks with energy drinks**
 - D. Drink on an empty stomach**

- 5. Which beverage has a standard drink size of 313 mL?**
 - A. Vodka**
 - B. Scotch Whiskey**
 - C. UDL**
 - D. Light Strength Beer**

- 6. Which statement best describes illegal drugs?**
 - A. They are unregulated and can be more dangerous than legal drugs.**
 - B. They are regulated with price controls.**
 - C. They are only available in pharmacies.**
 - D. They are never harmful.**

- 7. SES stands for what in the context of health and social determinants?**
- A. Socioeconomic Status**
 - B. Social Equity Score**
 - C. Societal Economic Scale**
 - D. Sociocultural Status**
- 8. What is the standard drink size for Sauvignon Blanc?**
- A. 208 mL**
 - B. 90 mL**
 - C. 101 mL**
 - D. 570 mL**
- 9. What is the standard drink size of red wine?**
- A. 45 mL**
 - B. 90 mL**
 - C. 101 mL**
 - D. 208 mL**
- 10. Which choice correctly defines SES in the context of health?**
- A. Socioeconomic Status**
 - B. Socioeconomic System**
 - C. Social Equity Service**
 - D. Societal Economic Scale**

Answers

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1. A
2. A
3. B
4. A
5. C
6. A
7. A
8. C
9. B
10. A

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Explanations

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1. What is the standard drink size of a Vodka Cruiser (Pre-Mixed) bottle?

- A. 275 mL (1 bottle)**
- B. 313 mL**
- C. 268 mL**
- D. 469 mL**

A standard drink is about 10 grams of alcohol. A Vodka Cruiser Pre-Mixed bottle is typically 275 mL with an ABV around 5%. To estimate drinks, take the volume and multiply by the ABV to find the amount of ethanol in milliliters, then convert to grams. $275 \text{ mL} \times 0.05 = 13.75 \text{ mL}$ of ethanol, and since ethanol has a density of about 0.789 g/mL, that's roughly 10.9 grams of alcohol—essentially one standard drink. Therefore, the 275 mL bottle is considered one standard drink. The other sizes would contain more or less alcohol depending on their volume and ABV, so they don't align with the standard drink amount for this product.

2. Which of the following is a main category of drugs?

- A. Depressants**
- B. Carbohydrates**
- C. Vitamins**
- D. Proteins**

Drugs are grouped by how they affect the body, especially the brain and nervous system. Depressants slow brain activity, making people feel drowsier, impairing coordination and decision-making. This is a standard main category used in health education because it covers substances that calm or slow the body's functions, including alcohol. The other options describe nutrients rather than drugs: carbohydrates provide energy, vitamins support health, and proteins build tissues. Since the question asks for a main category of drugs, depressants is the best choice.

3. What are the three main categories of drugs?

- A. Antibiotics, Antivirals, Vaccines**
- B. Depressants, Stimulants, Hallucinogens**
- C. Vitamins, Minerals, Proteins**
- D. Hormones, Enzymes, Carbohydrates**

Drugs are commonly grouped by how they affect the nervous system. Depressants slow brain activity, which can make you feel relaxed or sleepy and can lessen coordination. Stimulants increase brain activity, boosting alertness and energy and sometimes raising heart rate. Hallucinogens alter perception, mood, and thoughts, often producing unusual sensory experiences or distortions of reality. Together, these three types cover the primary ways drugs influence the body and behavior, which is why they're taught as the main categories in health education. Other options aren't the standard drug categories. Antibiotics, antivirals, and vaccines are medicines used to treat or prevent infections, not a broad classification of drugs by their effects. Vitamins, minerals, and proteins are nutrients essential for health, not drugs. Hormones, enzymes, and carbohydrates are biological substances or nutrients, not the common three-way drug category used in this context.

4. Which is a harm minimisation guideline when drinking?

- A. Eat food whilst you drink**
- B. Skip meals to save calories**
- C. Mix alcoholic drinks with energy drinks**
- D. Drink on an empty stomach**

Eating food while you drink helps slow how quickly alcohol enters the bloodstream. With food in the stomach, alcohol mixes with it and is absorbed more gradually, so you don't rise to high levels of intoxication as quickly. This makes it easier to pace yourself, reduces the chance of dehydration and nausea, and lowers the risk of negative outcomes from drinking. Skipping meals or drinking on an empty stomach speeds up absorption and can lead to rapid intoxication and worse hangovers. Mixing alcohol with energy drinks can mask how impaired you are and add extra strain on the heart and dehydration, which isn't a safer choice. So, eating food while you drink is a practical harm-minimisation step.

5. Which beverage has a standard drink size of 313 mL?

- A. Vodka**
- B. Scotch Whiskey**
- C. UDL**
- D. Light Strength Beer**

Standard drinks are a way to compare alcohol content by amount of ethanol, not by volume. One standard drink contains about 10 grams of ethanol, and the volume you pour to reach that amount depends on how strong the beverage is. Strong spirits deliver a lot of alcohol in a small amount, so their standard drink is a small volume. Beer with higher alcohol content also has a smaller standard drink volume, while beverages with very low alcohol (low-strength options) require larger volumes to reach 10 grams of ethanol. In this list, the Ultra Low-Strength option is designed so that one standard drink equals a 313 mL serving. That makes 313 mL the specific standard-serve size for that beverage. The other options deliver their standard drink in much smaller volumes (spirits) or in typical beer volumes that don't align with 313 mL as the standard amount. So 313 mL best matches the standard drink size for the low-strength option.

6. Which statement best describes illegal drugs?

- A. They are unregulated and can be more dangerous than legal drugs.**
- B. They are regulated with price controls.**
- C. They are only available in pharmacies.**
- D. They are never harmful.**

Illegal drugs are not legally regulated, so there's no official quality control, dosage standard, or safety testing for what people buy on the illicit market. Because content and strength can vary wildly and may include contaminants, their effects are unpredictable and can be more dangerous, increasing the risk of harm or overdose. In contrast, legal drugs are regulated by authorities, with approved uses, clear labeling, dosing guidelines, and safety warnings, which helps manage risk. The statement reflects this reality by linking the lack of regulation to potentially greater danger. The other options don't fit because illegal drugs aren't sold through pharmacies, aren't subject to government price controls, and can certainly cause harm.

7. SES stands for what in the context of health and social determinants?

- A. Socioeconomic Status**
- B. Social Equity Score**
- C. Societal Economic Scale**
- D. Sociocultural Status**

In health and social determinants, the idea is to describe a person's place in society based on economic resources and social factors that shape health prospects. Socioeconomic Status captures this by combining aspects like income, education, and occupation, and sometimes wealth and where you live. This helps explain why some groups have better or worse health outcomes, access to care, and living conditions because those resources and opportunities vary. The other terms aren't the standard way health researchers talk about this concept. Social Equity Score isn't a common measure of an individual's position in health contexts, Societal Economic Scale isn't a recognized term in public health, and Sociocultural Status focuses more on culture than the economic and social resources that directly influence health.

8. What is the standard drink size for Sauvignon Blanc?

- A. 208 mL**
- B. 90 mL**
- C. 101 mL**
- D. 570 mL**

The concept being tested is how a standard drink is defined for different beverages. A standard drink represents a fixed amount of alcohol, set so you can compare how much alcohol you're consuming across drinks. For wine like Sauvignon Blanc, the standard drink size is about 100 mL, because wine typically has around 12-13% alcohol by volume. At that ABV, about 100 mL of wine contains roughly 10 g of ethanol, which is the standard amount used in guidelines. So 101 mL is essentially the closest match to the standard drink size for Sauvignon Blanc. The other options are noticeably larger or smaller than one standard drink—208 mL would be more than one standard drink, 570 mL is several, and 90 mL is a bit under one standard drink.

9. What is the standard drink size of red wine?

- A. 45 mL**
- B. 90 mL**
- C. 101 mL**
- D. 208 mL**

Standard drink size is the amount of beverage that contains about 10 grams of alcohol, which lets us compare different drinks fairly. For red wine, with typical ABV around 12-13%, that amount translates to roughly 100 mL per standard drink. In many practice materials, a wine serve is rounded to about 100 mL, and the option closest to that in this question is 90 mL. The other volumes are either clearly smaller or larger than a typical standard drink for wine, so 90 mL is the best match for the standard drink size of red wine in this context.

10. Which choice correctly defines SES in the context of health?

A. Socioeconomic Status

B. Socioeconomic System

C. Social Equity Service

D. Societal Economic Scale

SES, short for socioeconomic status, is a way to describe a person's position in society based on economic and social factors like income, education, and occupation. In health terms, this position shapes access to resources, living conditions, health literacy, and the ability to seek or receive care, all of which influence health outcomes. People with higher SES often have better access to healthcare, safer housing, nutritious food, and less stress related to financial insecurity, which supports healthier choices and better overall health. Those with lower SES can face barriers such as cost, transport, and time constraints, making it harder to get preventive care or timely treatment, and this can contribute to poorer health and greater health risks, including substance use issues. Because SES captures how social and economic factors interact to affect health, it's the standard term used in health contexts to discuss disparities and determinants of health. The other phrases don't convey this link as accurately, since they don't describe a person's social and economic position in a way that explains its impact on health.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://yr10hpealcoholandotherdrugs.examzify.com>

We wish you the very best on your exam journey. You've got this!

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