

ADAPT Practice Test Questions and Answers

1. How does alcohol affect your ability to drive?

- A) Improves concentration and reaction time
- B) Increases confidence and awareness
- C) Slows reaction time and impairs judgment
- D) Enhances focus on the road

2. Which body system does alcohol primarily depress?

- A) Immune system
- B) Digestive system
- C) Central nervous system
- D) Endocrine system

3. What is the legal drinking age in the United States?

- A) 18
- B) 19
- C) 20
- D) 21

4. What does 'standard drink' mean in the U.S. context?

- A) Any full glass of any beverage
- B) A drink containing 14 grams of pure alcohol
- C) A drink containing no more than 5% alcohol
- D) A 16 oz beer

Answers: 1-C 2-C 3-D 4-B

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