



SyberShop is an interactive CD for youth ages 13-19 focusing on healthy eating and physical activity. The CD can be used individually, in the classroom as a supplemental teaching tool, or with any group of teenagers interested in eating smart and moving more.

Virtual Food Court provides students with the opportunity to learn about the nutritional content of food from six fast food restaurants.

Eat Smart for a Healthier You walks students through MyPyramid and teaches them to calculate the amount of calories in a food or beverage that comes from carbohydrates, protein and fat.

Virtual Cafeteria allows students to make selections from common foods found in school cafeterias and to assess the nutritional content.

Move More for a Healthier You teaches students about cardiorespiratory fitness, muscular strength and endurance, and flexibility, and provides sample resistance training and stretching routines.

Body Dimensions shows students how to calculate Body Mass Index and teaches them about body image and weight management.

The **SyberShop Resource Manual** provides key discussion points, individual and group activities, and a short test for each section of the CD. The manual is provided as a PDF on the SyberShop CD.

For more information contact:

Carolyn Dunn, Ph.D.
Carolyn_Dunn@ncsu.edu
919.515.9142

Cathy Thomas, MA.Ed
Cathy.Thomas@ncmail.net
919.707.5216

