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

SyberShop is composed of five sections: The Virtual Food Court provides the student with the opportunity to learn about nutritional content of food from six fast food restaurants. The Virtual Cafeteria allows students to make selections from common foods found in school cafeterias and assess nutritional content. Building Blocks...Basic Tools For Healthy Eating and Being Physically Active provides students with the opportunity to learn about MyPlate, physical activity, the Nutrition Facts food label, and how to calculate calories. Body Dimensions...Factors That Affect Your Mind and Body teaches students about weight management and body image. The last section, Be Active...Building Physical Activity Into Your Daily Routine teaches students about the components of physical activity.

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SyberShop CD (includes manual): $35 each

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PRICE

SyberShop CD (includes manual): $35 each

Plus shipping

TOTAL

Each SyberShop CD also contains a resource manual for educators. The resource manual is designed to assist educators in implementing SyberShop in the classroom. The manual includes key points covered in each module, individual and group activities, as well as a test bank.

The SyberShop team is available to conduct SyberShop trainings in your setting.

For More Information Contact:

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919-515-9140 Fax: 919-513-0159

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Make checks payable to NC State University.
Please note “EFNEP” in notation line of check.

Mail to: NC EFNEP, NC Cooperative Extension Box 7606–NCSU/512 Brickhaven Dr., Suite 220, Raleigh, NC 27695-7606, Attn: Lorelei Jones (Purchase Orders Accepted.)

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