

Real Kids Real Food Club
2024 Spring Syllabus
Saturdays February 10 – April 27
Healthy Lifestyle and Fun Recipes

Week 1- February 10

What is Real Food? – Guacamole and Veggies (RKRF lesson plan page 11)

- Real vs processed foods
- Exercises to differentiate between real and processed foods
- Explain GMO
- Fertilizer
- Differentiating Number code on organic foods vs conventional foods
- Physical activity: Walking on Sunshine Dance
- Mindfulness: Sailboat

February 17 – 23 School Vacation

Week 2- March 2

Eating a Rainbow – Ants on a log (RKRF recipe book page 43)

- Variety of fruits/vegetables- their colors and benefits
- Exercises to identify the colors/benefits of fruits and vegetables
- Physical activity: Animal Yoga
- Mindfulness: Balloon inflating and deflating

Week 3- March 9

How seeds become the foods we eat – Apple sauce (RKRF Recipe Book page 50)

- Understanding how plants grow (Cycle of a tomato seed game)
- Briefly explain Photosynthesis
- Planting seeds together
- Physical activity: Simon Says
- Mindfulness: Cloud

Week 4- March 16

Why water is important– Strawberry, Banana, Spinach Smoothie (RKRF Recipe Book page 20)

- Understanding the importance of water
- Identifying uses of water
- Impact of clean water on animals
- Why water is important for our body
- What is being dehydrated? (Grape → Raisin as a metaphor for our cells becoming dehydrated)
- Physical activity: Spin the exercise (Using online spinner)
- Mindfulness: Relaxing on a grassy field

Week 5- March 23

Why eat local and seasonal – Sweet orange salad (RKRF Recipe Book page 26)

- Understanding the importance of eating local and seasonal
- How grocery stores keep fruits fresh all year long + what happens to nutrients in produce over time
- Car exhaust / Carbon Dioxide Pollution
- Global Warming (Polar Bear and Ice Melting)
- Physical activity: Karate
- Mindfulness: Waterfall

Week 6- March 30

Sugar shock – Raisin Walnut truffle (RKRF Recipe Book page 54)

- What is sugar?
- What is the most sugar one should have in a day?
- What can sugar cause? – Cavities
- What are good and bad examples of sugar?
- What happens when you have too much sugar? – Diabetes
- Choose the healthy alternatives to sweet desserts
- Physical activity – Shape Yoga
- Mindfulness – Meadow

Week 7- April 6

Good, bad and ugly Fat – Ice cream (RKRF Recipe Book page 47)

- Understanding the difference between good/bad/ugly fat
- Why are fats important?
- What is Cholesterol?
- Good and Bad Cholesterol
- How does eating too much unhealthy fats affect our heart/body?
- Doctor Scenario – What kinds of foods would make a person obese?
- Shop for the healthy fats
- Physical activity – Flexibility Exercises
- Mindfulness – Field of Flowers

Week 8- April 13

Fabulous fiber and protein – Kale and avocado salad (RKRF Recipe Book page 24)

- Understanding the importance of fiber and protein
- What is fiber?
- Why is fiber important? - Fiber is like a toothbrush for our guts
- What is the function of fiber?
- In which foods can we find fiber?
- Doctor Scenario/Shopping - help the patient shop for fiber rich foods
- Physical activity - Animal Yoga version 2
- Mindfulness - Kite at the beach

Week 9- April 20

How to De-Stress – Lemon Italian ice (RKRF Recipe Book page 52)

- Understanding the effects of stress and how to manage it
- What is stress?
- When do we feel stressed?

- What happens to our bodies when we feel stress?
- What can we do to decrease stress? / What do you do to de-stress?
- Doctor Scenario – ask students what someone who is stressed should do
- Shop for the de-stressing foods
- Physical activity – Olympics Yoga
- Mindfulness – Rainy Day and Rainbow

Week 10- April 27

Fruit art and review – Zucchini Linguini with Marinara Sauce (RKRF Recipe Book page 37)

- Bringing it all home
- Playing online jeopardy reviewing all of the material (Using jeopardy labs.com)
- Choosing prizes for participation points
- Physical activity – Ballet Yoga
- Mindfulness – Floating on a cloud