

Real Kids Real Food Fall 2026 Syllabus

Wednesdays, September 9 – November 18, 2026

5:00–6:00 PM EST

Healthy Lifestyle and Fun Food Preparation

Week 1 — Sept. 9: What Is Real Food?

Week 2 — Sept. 16: Eating a Rainbow

Week 3 — Sept. 23: How Seeds Become the Foods We Eat

Week 4 — Sept. 30: Why Water Is Important

Week 5 — Oct. 7: Whole Grains and Healthy Energy

Week 6 — Oct. 14: Healthy Fats and Strong Bodies

Week 7 — Oct. 21: Plant Protein and Growing Strong

Week 8 — Oct. 28: Sugar, Processed Foods, and Healthy Choices

Week 9 — Nov. 4: Mindfulness, Movement, and Caring for Our Bodies

Week 10 — Nov. 18: Celebration, Review, and Sharing What We Learned

No class on November 11 in observance of Veterans Day.

Each class may include hands-on plant-based food preparation, nutrition education, mindfulness or breathing practice, movement, games, and discussion. Recipes and activities may vary. Final topics and activities are subject to change as our instructors tailor the program to the children.