

# Real Kids Real Food

## Fall 2026 Syllabus

### Healthy Lifestyle & Fun Recipes

**Wednesdays: September 9 – November 18, 2026**

Each class includes **hands-on plant-based food preparation, nutrition education, movement, mindfulness, games, and discussion**. Recipes and activities may vary based on the needs and interests of the children.

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## Week 1 • September 9

### What Is Real Food?

**Recipe:** Applesauce (*RKRF Recipe Book, p. 50*)

#### Topics

- Real foods vs. processed foods
- Activities to identify real and processed foods
- What are GMOs?
- Understanding organic and conventional produce labels (PLU codes)

#### Movement

- Walking on Sunshine Dance

#### Mindfulness

- Sailboat
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## Week 2 • September 16

### Eating a Rainbow

**Recipe:** Guacamole & Veggies (*RKRF Lesson Plan, p. 11*)

**Topics**

- Colorful fruits and vegetables and their health benefits
- Games identifying colors and nutrients

**Movement**

- Animal Yoga

**Mindfulness**

- Balloon Breathing
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## **Week 3 • September 23**

### **How Seeds Become the Foods We Eat**

**Recipe:** Sweet Potato Corn Chowder (*RKRF Recipe Book, p. 32*)

**Topics**

- How plants grow
- Tomato Life Cycle Game
- Introduction to photosynthesis
- Planting seeds together

**Movement**

- Simon Says

**Mindfulness**

- Cloud Visualization
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## **Week 4 • September 30**

### **Why Water Is Important**

**Recipe:** Strawberry, Banana & Spinach Smoothie (*RKRF Recipe Book, p. 20*)

## Topics

- Why our bodies need water
- Everyday uses of water
- Water and healthy ecosystems
- Dehydration
- Grape-to-raisin demonstration

## Movement

- Spin-the-Exercise Game

## Mindfulness

- Relaxing in a Grassy Field
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# Week 5 • October 7

## Why Eat Local & Seasonal Foods?

**Recipe:** Sweet Orange Salad (*RKRF Recipe Book*, p. 26)

## Topics

- Benefits of local and seasonal eating
- Why grocery stores have produce year-round
- Nutrient loss over time
- Transportation, pollution, and carbon emissions
- Global warming and melting polar ice

## Movement

- Karate

## Mindfulness

- Waterfall
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# Week 6 • October 14

## Sugar Shock

**Recipe:** Raisin Walnut Truffles (*RKRF Recipe Book*, p. 54)

### **Topics**

- What is sugar?
- Recommended daily sugar intake
- Sugar and cavities
- Healthy and unhealthy sources of sugar
- Sugar and diabetes
- Choosing healthier desserts

### **Movement**

- Shape Yoga

### **Mindfulness**

- Meadow
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## **Week 7 • October 21**

### **Good, Bad & Ugly Fats**

**Recipe:** Healthy Ice Cream (*RKRF Recipe Book*, p. 47)

### **Topics**

- Healthy and unhealthy fats
- Why fats are important
- Cholesterol: HDL and LDL
- Heart health
- Doctor role-play: foods that contribute to obesity
- Shopping for healthy fats

### **Movement**

- Flexibility Exercises

### **Mindfulness**

- Field of Flowers
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## **Week 8 • October 28**

### **Fabulous Fiber & Protein**

**Recipe:** Kale & Avocado Salad (*RKRF Recipe Book, p. 24*)

#### **Topics**

- Why fiber and protein matter
- What is fiber?
- Fiber as the "toothbrush" for our digestive system
- Foods rich in fiber
- Doctor role-play and healthy shopping activity

#### **Movement**

- Animal Yoga II

#### **Mindfulness**

- Kite at the Beach
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## **Week 9 • November 4**

### **How to De-Stress**

**Recipe:** Lemon Italian Ice (*RKRF Recipe Book, p. 52*)

#### **Topics**

- Understanding stress
- How stress affects our bodies
- Healthy ways to reduce stress
- Doctor role-play: helping someone manage stress
- Shopping for stress-reducing foods

#### **Movement**

- Olympics Yoga

#### **Mindfulness**

- Rainy Day & Rainbow

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## November 11 • NO CLASS (Veterans Day)

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### Week 10 • November 18

#### Fruit Art & Course Review

##### Recipes:

- Zucchini Linguini with Marinara Sauce (*RKRF Recipe Book*, p. 37)
- Ants on a Log (*RKRF Recipe Book*, p. 43)

##### Topics

- Review of all course concepts
- Online Jeopardy review game
- Celebration and participation prizes

##### Movement

- Ballet Yoga

##### Mindfulness

- Floating on a Cloud
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## Program Components

Every class may include:

- 🌱 Hands-on plant-based cooking
- 🍎 Nutrition education
- 🧘 Mindfulness and breathing exercises
- 🤸 Physical activity and movement
- 🎮 Interactive games
- 💬 Group discussion and reflection

*Recipes, activities, and lesson topics may be adjusted to best meet the interests and needs of the children.*