

KidQuake 2021

Teacher's Guide

SOUL FOOD SUNDAY

Written by: Winsome Bingham / [@ArmyVet5](#)

Illustrated by: C. G. Esperanza / [@ChalaRanza](#)

Twitter: #SoulFoodSundayBook

ABOUT THE AUTHOR & ILLUSTRATOR

[Winsome Bingham](#) is a soul food connoisseur, master cook (at home, family reunions, and get-togethers), and a US Army war and disabled veteran. She is a teacher by trade and at heart. She received both bachelor's and master's degrees in education with more than 15 years of teaching experience. And an MFA in Writing for Children and Young Adults from Vermont College of Fine Arts. You can find her writing on a deck while waiting patiently with a camera to capture a submarine shooting out of the water or a wild bear storming out of the woods. She writes about real life experiences in a fictionalized setting. You can find her at [binghamwrites.com](#). [Charles](#)

[G. Esperanza](#) is the second of six cool kids. The South Bronx is where he first opened his

eyelids. A dope land shrouded in bright-colored decay, the home of graffiti and hip-hop DJs! He paints funky elephants! Bodegas, too! Mixed with this wonder is some whimsical truth. Esperanza has a voice that is seldom heard. A fusion of jazz, distorted guitars, and chirping birds. Esperanza is also the author-illustrator of *Red, Yellow, Blue (and a Dash of White, Too!)*. He lives in the Bronx.

This teacher’s guide is designed as a supplemental aid for teachers wanting to integrate the picture book, ***SOUL FOOD SUNDAY*** into their lesson plan. It was designed to be incorporated with writing, mathematics, English language arts (ELA), social studies, art, and science classes. This guide is not a mandate for incorporation into the curriculum. It is only extension activities for teachers to continue discussing the book and spring boarding conversations about gender bias, families, traditions, and cultures.

SOUL FOOD SUNDAY celebrates food, family, and the rite of passage. It is a “slice of life” of African American and Black culture.

English Language Arts (ELA) / Reading

Suggested ways to use ***SOUL FOOD SUNDAY*** in the classroom?

- Study structure of a story (How is the story organized?)
 - Ask yourself, does it have a clear beginning, middle, and end?

- Summarize the plot. What did the main character want? Did he achieve his goal?
 - Did you connect with the characters? Did they feel real? Give examples from the book that was relatable to the student.
 - Setting: When and Where the story takes place. Describe the setting in the book.
- What if the story was told from the point of view of Granny? How would it differ?
 - Retell the story from your point of view.
 - The author, Winsome Bingham, visited you via video. She is always looking for ways to end her story. She is absolutely positive that another ending could work, but she needs help. YOUR HELP! If you were the author, how would you end this book? Write it down. In your version, tell us how it ended? Did you make a something special? If yes, tell us what you made and write the recipe. If no, tell us how you changed the ending and why did you make that “author’s choice”.
 - TWO SQUARE – Give students two different color squares – blue and yellow. Introduce students to the term **ONOMATOPOEIA** and **ALLITERATION**. Assign each term to a color. Re-read aloud the book again. Ask students to listen for the related words. When they hear it, they hold up the color that matches the term. Wait for the teacher to call on them before sharing their answer with the class.






- Before reading SOUL FOOD SUNDAY, create a K-W-L chart. Allow students to fill in what they **K**-KNOW about SOUL FOOD, what they **W**-WANT to know, and what they **L**-LEARN.

Writing

SOUL FOOD SUNDAY can be a mentor text for writing. SOUL FOOD SUNDAY is “slice of life story” about a boy documenting the Sunday he helped prepare the Sunday meal with his Granny. He tells us what happened from the moment he arrived at his Granny’s house. Use this story to document your student’s life. Let them tell us about one day, one event, one moment in their life when they were the happiest. Pay attention to how the author used language, how she used devices – repetition, onomatopoeia, power of 3s, and VOICE to tell this boy’s story. The poetic text is a blend of short and long sentences. Sizing sentences adds musicality and cadence. Explore the verbs. The vivid verbs serve as direction for the illustrator.

Mathematics

- Using the illustrations – talk about the rules of threes and how it shows up in the illustration. Looked at how the author and illustrator work together. Each time, the main character is doing things in threes – rinse-roll-rip! Three different type of greens is cooked together. Three meats – chicken, ribs, sausage link. Car horn BEEP! Car door SLAM! Car alarm CLOOK-CLOOK!

- Search the books for shapes. For instance, square for windows, TV, tiles on the floor. Circle – wheel, etc. Count them. Did you see triangles? Ovals? Cylinders, etc.?
-  \$MONEY\$  - MOST EXPENSIVE WORD – Assign monetary value to each letter of the alphabet. Have students find the most expensive word in the text. The least expensive word in the text. (You can substitute fractions for decimals to challenge students.)
-  TIME  Have students predict time. How long does it take to cook greens? Mac-N-Cheese? Ribs-chicken-sausage links? Use the computer and research this. Then draw clocks showing the beginning and ending time for each of these. Then string the clocks around their necks like Flavor Flav. 

Science

Scientists are researchers, data collectors, and question askers.

- Today, your students are these people. One way to learn about a subject is to ask questions. Let your students jot down the questions they have about soul food. They may refer back to their K-W-L Chart. Then, have them research their questions in the library or at home. Write their finding on index cards and staple to the soul food unit on the bulletin board.
- I SPY – have students flip through the book and see if there is anything in the book they have seen in real life. (For example, the THANK YOU bag that Granny is holding up.)

What else did the illustrator capture on the page that they have seen in real life. List those. Then gather with a partner to discuss their findings.

Art

- Have the students read a spread and recreate it. Pay attention to color palette. Let the students explain what is happening in his or her spread.
- Have the students illustrate their families.
- Have the students create a Sunday feast mural.
- Have the CLASS create a mural of togetherness.

Social Studies

SOUL FOOD SUNDAY is showcasing and celebrating families, love, cooking, and Black Joy. Many students may not look like the main character. However, many students like the main character have people in their lives who love them and want them to be the best they can be. Granny wants the best for her Grandchild. She knows that it is important for him to be self-sufficient. To her, teaching him to cook is a rite of passage.

- Do you have any traditions in your family? What is it?
- Have you ever had an experience like the boy in the book? Tell us about it!
- Did you feel sadness or joy for the main character? Tell us!
- What did you learn about this family that you didn't know before?
- In your household, who does the cooking, cleaning, laundry? Mom? Dad?
Both?

- In your home, are there “boy” chores and “girl” chores? If so, who made the rules?

- Create a Venn Diagram, mapping the main character’s life and the student’s life. What were the similarities? What were the differences? Then pair students up and let them share and discuss their diagram.

- If you could ask anyone - dead or alive - about their culture, who would it be?

- Write a letter to a friend telling them why you think this book would be a good read for them.

- Create a timeline from the moment the main character arrived, to the time they ate. Tell us why you think this timeline fits the story.

Thank you for reading SOUL FOOD SUNDAY. It was a joy sharing this book with all of you.

Continue the conversation on Twitter. Use the hashtag: #SoulFoodSundayBook.