

# Soul Food Sunday

## A RIF GUIDE FOR FAMILIES

**Themes:** Culture, Family, Food, Love and Belonging

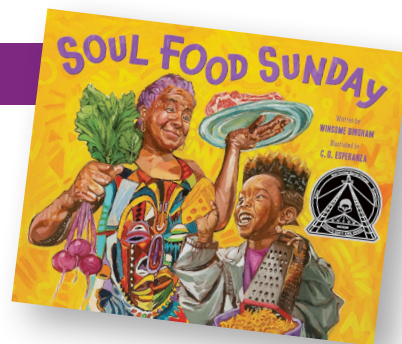
**Book Brief:** A young boy helps his Granny prepare a cherished family meal for the first time, learning the traditions of their Sunday gatherings. When the cooking is done, he adds his own sweet touch, leaving a lasting mark on the family tradition.

**Author:**

Winsome Bingham

**Illustrator:**

C. G. Esperanza



## TIME TO READ!



**Before:** Read the title of the story and look at the cover. Ask your child what they think will happen in the story.

**During:** As you read, ask, “What is the boy doing?”

**After, ask questions:**

- Why do you think the boy helped Granny?
- What did they make?
- Why did the boy didn't quit even though his hand hurt and arm ached?

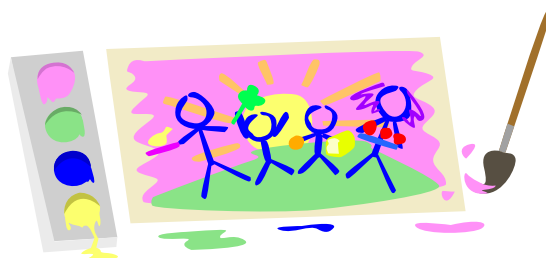
## INTENTIONAL TALK

**Language Awareness**, means “talking like a book.” When children hear stories read aloud many times they often remember patterned language, both the words that are said and the tone and rhythm with which they are read. Children will often repeat favorite phrases or pages from memory. This is much more than memorization, it is a way for

children to internalize the way stories should sound when they are read. *Soul Food Sunday* contains a repeated phrase that is important to the story (“My hand hurt. My arm aches. But I don’t quit.”) Encourage your child to say this phrase along with you, or even say it themselves as you read over and over again.

## RELATED ACTIVITIES

Look at the illustrations in the book and talk about how the bright colors make the pictures feel fun and lively. On a big sheet of paper, draw a picture of your family together. Use bright crayons, markers, or paints to make it colorful and exciting, just like the book. Include foods your family loves to eat in the drawing. You can draw them on plates, in bowls, or even in your hands! Display your artwork to celebrate your family and the special meals you share.



## ADDITIONAL RESOURCES



**OTHER BOOKS ILLUSTRATED BY C.G. ESPERANZA**

- **Boogie Boogie, Y'all (2021)**
- **My Daddy is a Cowboy (2024)**
- **Fish Fry Friday (2025)**