



SOUL FOOD

GRADES K-5

Soul Food

<https://www.youtube.com/watch?v=NxN02t-MvZM>

Educators, Parents or Guardians: You may use the following discussion questions and activities to enhance your students' learning experience before and after viewing Deeper Than Read's *Soul Food*.

Video Preview Questions: Asking the following questions will prepare students to be alert for details and view the video more critically.

- This video is entitled "Soul Food." What do you think soul food is? Why do you think it is called "soul food," not just "food"?

As you watch the video, think about why the food described in the video is called "soul food."

Video Follow-Up Questions: The following questions help clarify and deepen students' understanding of topics addressed in the video and also allow for personal responses to the topics.

Vocabulary Follow-Up

- Like many words in the English language, the word *soul* can have more than one meaning. The Soul Food video displays several quotes by Frederick Douglass Opie. Opie is a university professor who teaches and writes about food and culture. Listen to the following quotes that were included in the video and consider how Opie defines the word "soul."

"In the language of the soul, the more you have been through, the more soul you have."

"Soul is black spirituality and experiential wisdom."

"Soul is putting a premium on suffering, endurance, and surviving with dignity."

In your own words, define soul based on these quotes by Frederick Douglass Opie. Now, based on this definition, tell what you think the phrase "soul food" means.

Soul Food

- Why aren't all soul foods native African foods? Explain why soul foods are a blend of foods from Africa, Europe, and America.
- Why did watermelon become a favorite food for Africans enslaved on plantations in America?
- Why did pigs' feet and pig intestines become a part of the enslaved African people's diet?
- Why did fried chicken become a popular soul food?
- Why did Amir want to know about his family's past? Have you ever asked any of your older relatives to tell you about your family history? If so, what did you learn about your family? How did it make you feel when you learned these things?

- Are there any special foods in your family – that is, some special foods you almost always have at family gatherings? What are these foods? How do you think they came to be special foods for your family?

Video Follow-Up Activities: Consider selecting one or more of the following activities to extend students' understanding of topics related to soul food. You may choose to assign an activity to individuals, partners, or a small group.

- **Family History** – Interview an older family member about your family history. Ask questions that will help you to learn new things about your family's past. This may, for example, include questions about where your ancestors lived, what languages they spoke, what cultural traditions they had, and what traditional foods they ate. Find out if there are any stories about individual ancestors like the one in the video about James and how he helped to make fried chicken a popular soul food. Give a brief presentation to an audience explaining what you learned about your ancestors. Or, create a poster that communicates things you learned about your ancestors. Display and explain the poster for an audience.
- **Family Food** – Identify a food or foods that you notice are almost always served at family gatherings. Talk to relatives to find out how the food became a family tradition. Give a brief presentation to an audience explaining what you learned about this traditional family food.
- **Trees With Roots** – The final quote displayed in the video states, "A people without knowledge of their past, origin, and culture is like a tree without roots." Think about why it is so important for your life to have "roots." Think about how you would express this idea in a work of art. Select an art medium and create a work of art this expresses the importance of having roots.

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