GSELS Module: This module consists of five assignments and a written paper with creative experience.

This module will explore several pertinent issues relevant to health and the environment and health indicators. The student will explore culture and socioeconomic factors related to health and poor nutrition through a short film on Black American diets. Secondly the student will review issues in Miami Fit that relate to the points brought out in the films. One of two publications on healthy Miami will be explored. The students will select two areas to discuss. The student will then explore two promising practices programs related to their focus. Finally the issue of water the lack of and the political and socioeconomic status will be explored. The last assignment is a positive experience for the student to take the opportunity to engage in healthy behaviors by meditating, experiencing the outdoors and using their creative talents to explore their experience.

1. Watch Soul Food Junkie trailers: 2 minutes and 4 minutes:


   Relate the trailers to Miami Fit: Select 3 points brought out in the film that relates to Miami Dade County. Select one of the publications to review.


   [http://www.healthymiamidade.org/resources/reports-publications](http://www.healthymiamidade.org/resources/reports-publications)

2. Miami Matters: Select two areas to focus your research. [www.miamidatematters.org](http://www.miamidatematters.org)

3. The Promising Practices database informs professionals and community members about documented approaches to improving community health and quality of life.


   Review two of the promising practices that relate to the topics you selected on Miami Matters.

4. Assignment: View the film on Water Wars

   [http://www.bing.com/videos/search?q=shiva+water+wars&go=&qs=bs&form=QBVR&view=detail&mid=E626D8DB8CD8FC0DA92FE626D8DB8CD8FC0DA92F](http://www.bing.com/videos/search?q=shiva+water+wars&go=&qs=bs&form=QBVR&view=detail&mid=E626D8DB8CD8FC0DA92FE626D8DB8CD8FC0DA92F)
After viewing the film; Select 5 points that made an impression on you.

5. Celebrate Water and the Environment: View the clips from Water Dances.


http://www.bing.com/videos/search?q=water+dance+art&FORM=VIRE8#view=detail&mid=901A418038377E07D382901A418038377E07D382

Find a water site and spend time meditating. What are your thoughts? Take a picture of your experience, draw a picture or write a poem. Share this experience with your family and friends. Take them too. Suggestions take a lunch and enjoy the day. Get some fresh air, exercise and enjoy the moment. http://www.miamidade.gov/parks/home.asp List of parks.

To conclude this assignment: Write up your findings for 1-4. Attach your water experience to the paper.

Paper Is to be typed in APA style with Title Page, Abstract, Introduction, Body (using the assignment headings) and Conclusion. Include your thoughts on your water day and attach your creative activity.

References used must be included in the body of the paper. You may explore additional references but the references selected for these assignments must be used.