**2019 International School Library Month (ISLM) Organized by Children’s Centre Library, University of Nigeria, Nsukka, Nigeria**

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Children’s Centre Library celebrated this year’s ISLM with classes at Model Secondary School, Nsukka with the theme: “IMAGINE.” Coordinators Dr. Ngozi E. Osadeebe, Mrs. Elizabeth Babarinde and Mrs. Evangel Nwankwo led discussions on An Inclusive World, Environmental Pollution and the World of Vegetables with various classes. Here are some points raised in the discussions.

**An Inclusive World**

Imagine a world where all children are loved and cared for, with good clothes, safe drinking water, enough food to eat, good schools to attend and space to play; a world where their work is limited to normal household chores like washing of plates and sweeping the compound.

Imagine a world where all children, including blind, crippled and autistic children go to the same school and are all happy being together, a world where people respect each other’s feelings. How would that world be? Imagine!

That world is an inclusive world, one where people of different beliefs, faiths, classes, castes, gender and sexual orientation feel included, despite having basic differences.

Children imagined a number of way they might contribute to that world where everybody is respected and cared for: by accepting people the way they are and not laughing at people who are different, for example, people with disabilities; by being tolerant and not easily irritated; by being their friend’s conscience; by being active, not passive; by consuming media critically; by helping to stop bullying; by watching films that educate; by trying to communicate with others and being a good listener.

**The Environment - Imagine a World without Pollution**

Imagine a world that is free from all kinds of environmental dirt and pollution, a world that is free from all kinds of sicknesses and diseases that arise from being exposed to diverse pollutants.

In discussing this with the pupils of primary five (grade five), we started with how we get our environment dirty through the indiscriminate way of disposing our refuse, littering of the environment with waste products like papers, nylons, indiscriminate way of defecating and urinating.

At a higher level we discussed the pollution of the environment caused by use of pesticides, which can pollute air, water, and food. Deforestation and the destruction of forest were also mentioned. We looked at the environmental impact of mining, which includes [erosion](https://en.wikipedia.org/wiki/Erosion), formation of [sinkholes](https://en.wikipedia.org/wiki/Sinkhole), contamination of soil, and contamination of [water](https://en.wikipedia.org/wiki/Groundwater) by chemicals from mining processes. Another factor mentioned was transport, which emits carbon dioxide into the air, and how all can contribute to [global warming](https://en.wikipedia.org/wiki/Global_warming) and the depletion of the [ozone layer](https://en.wikipedia.org/wiki/Ozone_layer). We then discussed what each person can do in his or her corner to make the environment clean. This is where the sense of imagination comes in.

There was an immediate impact: at the close of one session, two boys approached a coordinator about a section of the school compound filled with litter and trash and set about cleaning the area without delay.

**Imagine a Life without Food (Fruits, Vegetables and Legumes)**

**How will the world be without food?**

Imagine!

Food is very important for our growth and development. Both man and animals rely on food for growth. Food is any substance that is consumed by man or animal to provide nutrient and vitality for man and animals. Food is what human and animal eat so that they can grow and survive.

There are six classes of food namely, carbohydrates, protein, fats and oils, minerals and salts, vitamins and water.

It is expected that man combines the various classes of food in the right proportion on daily basis to ensure a healthy living and to get the right nutrient. Each class of food has its own composition and as such must not be taking in excess.

Food can be classified into first class nutrient rich foods which includes food that is plant rich food in nature. They are very healthy and contains virtually all the nutrient your body needs to function properly on daily basis. They also have fiber and phytochemicals. It is recommended that we eat a diet made up of at least 90% of this type of food. Examples of this class of food include;

Vegetables, legumes (beans), nut and seeds, and fruits.

What are vegetables?

Vegetables are part of plants that are consumed by human or animals as food. They play an important role in human nutrition. Most of them are low in fats and calories, but they are very bulky and filling. They supply dietary fiber and are important sources of essential vitamins and minerals.

When we add vegetables to our diet, it reduces the risk of chronic ailments, cancer and other cardiovascular diseases.

Hygiene is very important when preparing our fruits and vegetables for consumption. We must wash them with clean water and a pinch of salt, then rinse out again with another clean water before we eat them. Some fruits and vegetables can be eaten raw or cooked.

There are different types of vegetables

Leafy green vegetables e.g lettuces, spinach

Cruciferous vegetables e.g cabbage, cauliflower,

Marrows e.g Pumpkin, cucumber

Roots e.g potatoes yam

Allum e.g onions, garlic

Importance of vegetables to children

Vegetables give children energy, vitamins, antioxidants, fiber and water. These help children to grow and develop, boost their vitality and reduce the risk of diseases. Vegetables and fruits are great sources of vitamins, minerals and dietary fiber.

What are fruits?

A fruit is the seed containing part of a plant. They are fleshy or dry ripened part of a plant that is edible. Examples are; apples, pears, citrus (oranges, grapefruits, limes), tropical and exotic (bananas, and mangoes), and Berries. Fruits also includes, avocado, dates palms, tomatoes etc.

Fruits contains calories, carbohydrates, fiber, sugar, vitamins, potassium, magnesium, manganese etc which are very essential for our wellbeing.

What are legumes?

Legume is a plant. They are grown agriculturally primarily for human consumption. Legumes are valued as the second alternative most important food source after cereals. They provide proteins, complex carbohydrates, dietary fiber, and cholesterol and they are low in fat.

Legumes play a role in the prevention of some cancers, heart diseases and other diseases. Examples include beans, chickpeas, Bambara beans, lentils etc.

We need fruits, vegetables and legumes in our daily diet because they are the first-class nutrient food that will make us grow into healthy adults.

Now, imagine a world where there are no fruits, legumes and vegetables.. How will people manage without the rich nutrients contained in fruits, legumes and vegetables? Imagine.