

PART 1

THE LAND

Canada's Provinces and Territories

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Canada's Regions

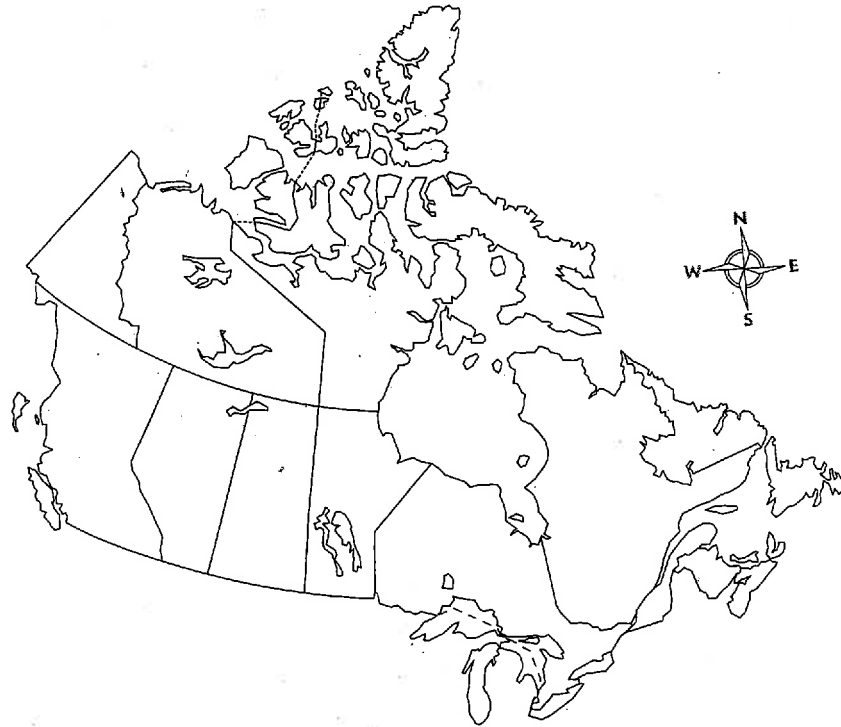
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Canada's Provinces and Territories

In Units one to five, you will learn about Canada's provinces and territories.

Canada



Before you work on the units, try to answer these questions.

1. Do you think Canada is a big country compared with other countries in the world?
2. Is Canada larger than your country of origin?
3. About how many kilometres wide do you think Canada is, from east to west?
4. What continent is Canada in?
5. What continent is your country of origin in?
6. Can you name the provinces and territories of Canada?
7. Which provinces are next to an ocean?
8. What do you think happens in a capital city?
9. Can you name the capital city of Canada?
10. Can you name the capital city of the province you live in?
11. What is the capital city of your country of origin?
12. Describe the weather in Canada.
13. Describe the weather in your country of origin.

UNIT 1

THE SIZE OF CANADA

Canada is the second-largest country in the world. It is about 4,600 kilometres from north to south, and about 5,500 kilometres from east to west.

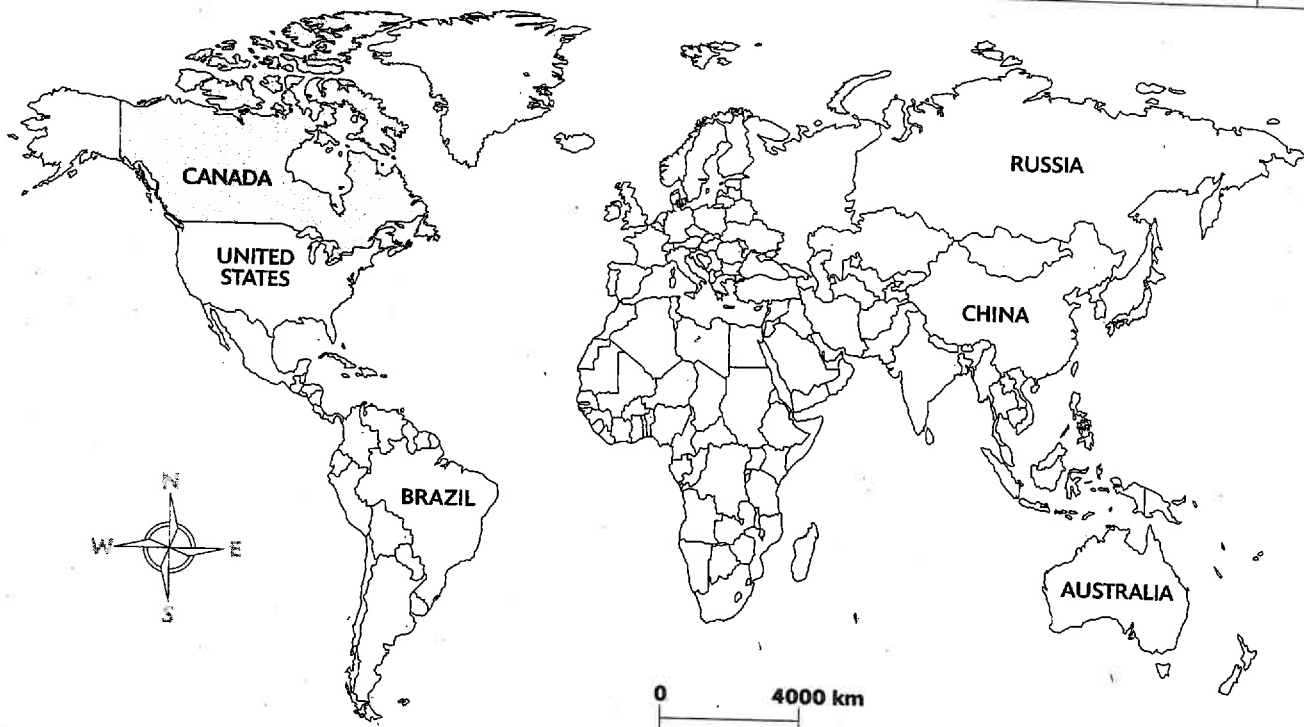
The Six Largest Countries

The six largest countries in the world are listed on the map. The United States is the fourth-largest country. Brazil is the fifth-largest, and Australia is the sixth-largest country in the world.

Where Is Canada?

Canada is in the continent of North America. North America includes Canada, the United States and Mexico.

A continent is a large area of land. There are seven continents in the world: North America, South America, Europe, Asia, Africa, Australia and Antarctica.



Understand What You Read

A Answer the Questions

1. Write the names of the countries on the lines.

Countries by Size	
Largest	_____
Second-largest	_____
Third-largest	_____
Fourth-largest	_____
Fifth-largest	_____
Sixth-largest	_____

2. What is a continent?

3. How many continents are there in the world?

4. What continent is Canada in?

5. Name three countries in North America.

6. How long is Canada from north to south?

7. How wide is Canada from east to west?

B Circle True or False

- | | | |
|--|---|---|
| 1. Canada is the largest country in the world. | T | F |
| 2. Canada is a large country. | T | F |
| 3. Russia is larger than Canada. | T | F |
| 4. The United States is larger than Canada. | T | F |

UNIT 2 THE PROVINCES AND TERRITORIES



Provinces and Territories

There are ten provinces and three territories in Canada. The territories (Yukon Territory, Northwest Territories and Nunavut) are in the north of Canada.

Oceans

Three oceans surround Canada. The Atlantic Ocean is east of Canada. The Pacific Ocean is west of Canada. The Arctic Ocean is north of Canada.

Understand What You Read

A Fill in the Blanks

Look at the map on page 5.

Write the names of Canada's ten provinces and three territories on the lines.

Write the names as they appear on the map from west to east.

Canada's Ten Provinces

(from west to east)

British Columbia

Canada's Three Territories

(from west to east)

Write the names of the oceans surrounding Canada and the five Great Lakes on the lines.

Oceans Surrounding Canada

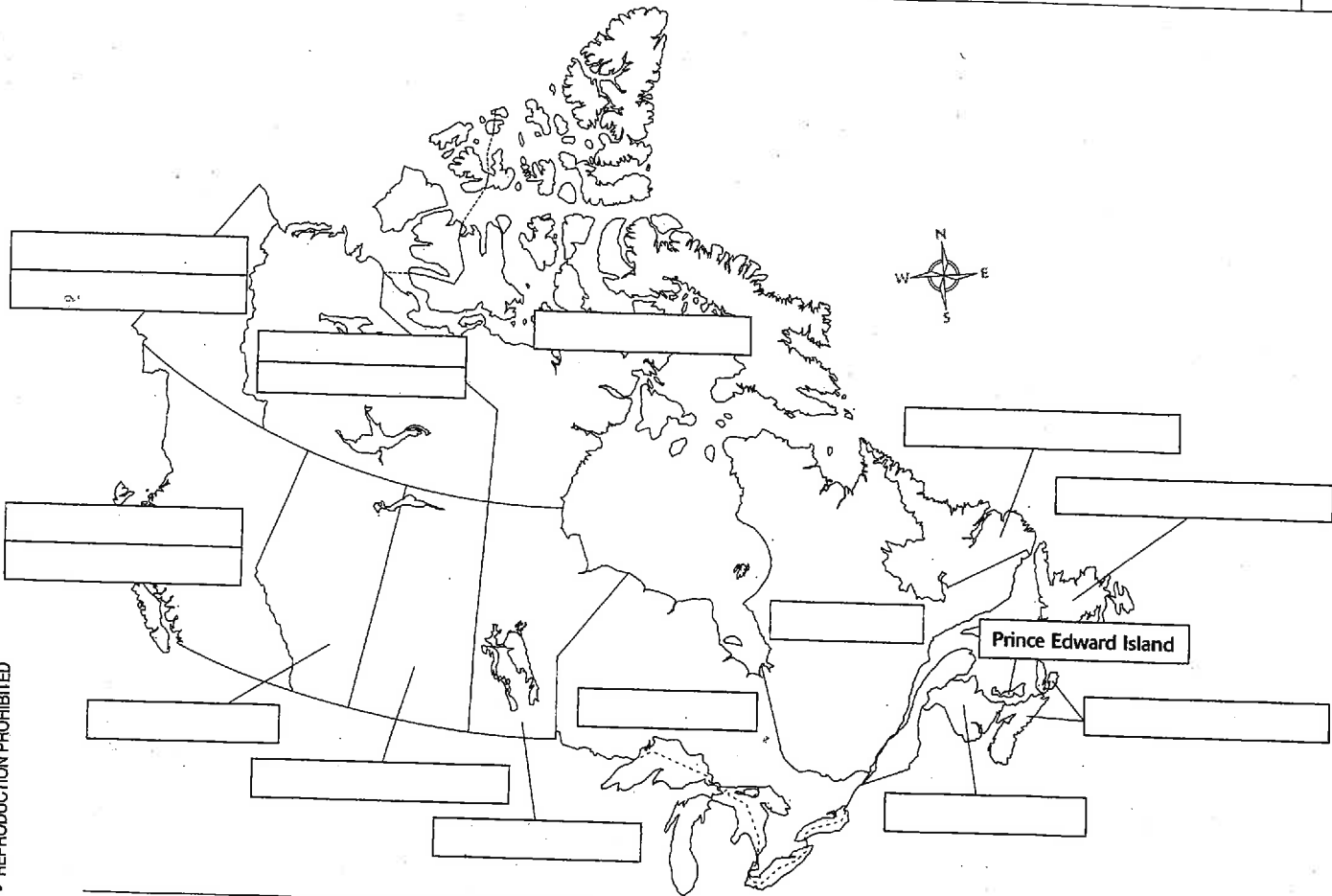
(in any order)

The Five Great Lakes

(between Ontario and the United States)

B Fill in the Blanks

Write the provinces and territories on the map. Prince Edward Island is done for you.



east • west • three • north • ten • Prince Edward Island

1. There are _____ provinces in Canada.
2. There are _____ territories in Canada.
3. The smallest province is _____.
4. Canada's territories are in the _____ of Canada.
5. Nova Scotia is on the _____ side of Canada.
6. British Columbia is on the _____ side of Canada.

C Answer the Questions

1. List four provinces on the Atlantic Ocean.

2. Name one province on the Pacific Ocean.

3. Which province is closest to the Great Lakes?

4. Which province is the smallest in size?

5. List two territories on the Arctic Ocean.

6. Name Canada's largest province.

D Fill in the Blanks

north • south • east • west

1. The Yukon is _____ of British Columbia.

2. Nunavut is _____ of Manitoba.

3. Ontario is _____ of Quebec.

4. Newfoundland and Labrador is _____ of Prince Edward Island.

5. Nova Scotia is _____ of Ontario.

6. New Brunswick is _____ of Nova Scotia.

7. British Columbia is _____ of the Yukon.

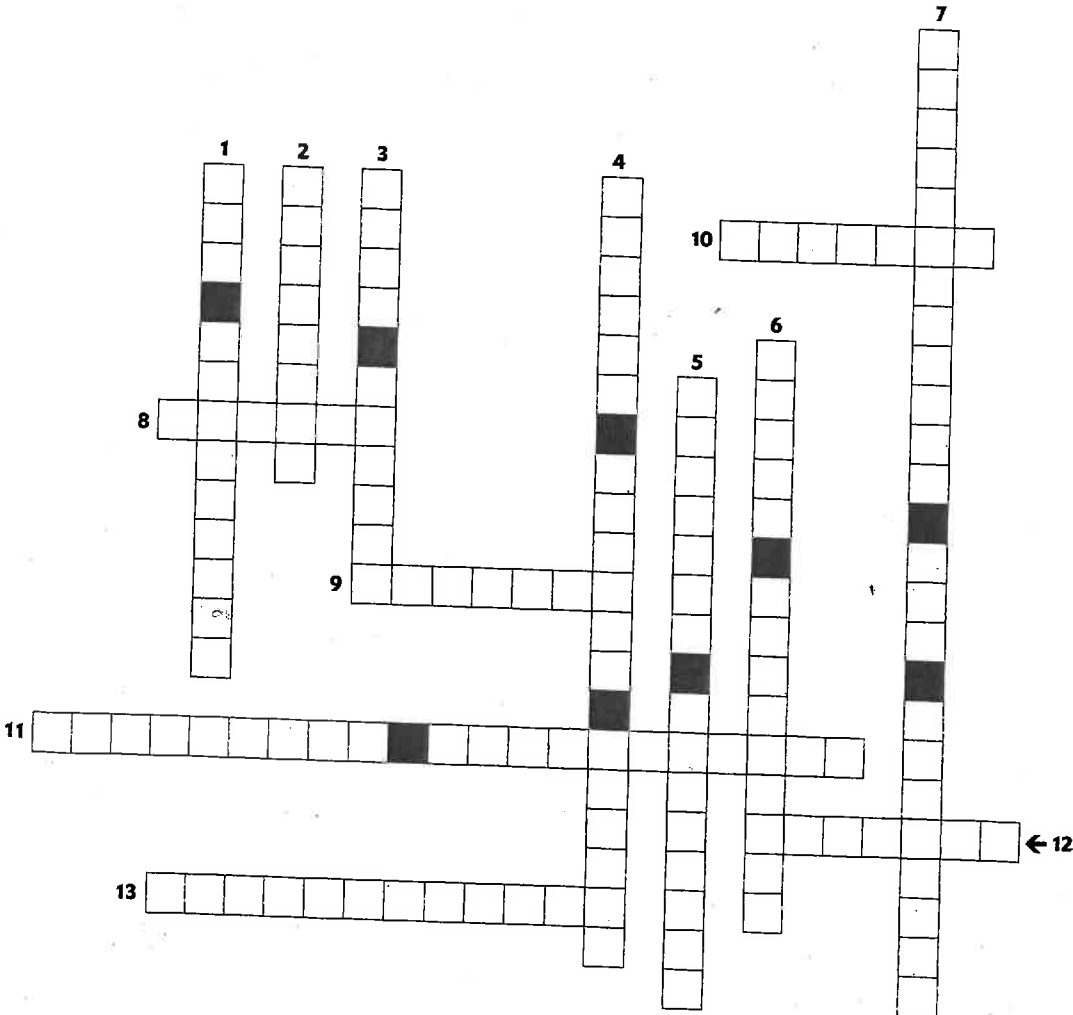
8. Saskatchewan is _____ of Manitoba.

9. British Columbia is _____ of Saskatchewan.

E Complete the Crossword

Canada Post uses two-letter abbreviations for the provinces and territories. Write the full name of the correct province or territory beside each abbreviation. Then complete the crossword.

DOWN ↓	ACROSS →
1. NB _____	8. QC _____
2. MB _____	9. AB _____
3. NS _____	10. NU _____
4. PE _____	11. NT _____
5. BC _____	12. ON _____
6. YT _____	13. SK _____
7. NL _____	



F Match

Draw a line to match each map with the name of its province or territory.



Manitoba

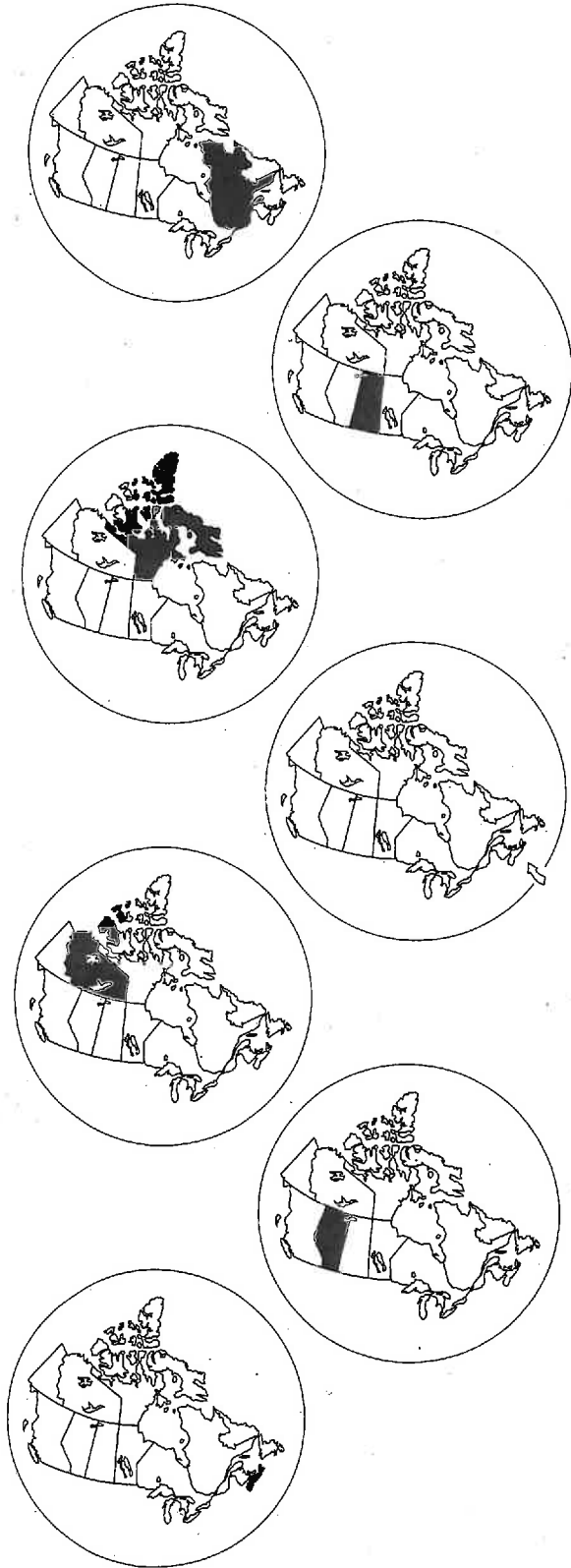
**Newfoundland and
Labrador**

Yukon Territory

Ontario

British Columbia

New Brunswick



Northwest Territories

Alberta

Prince Edward Island

Quebec

Nova Scotia

Nunavut

Saskatchewan

THE CAPITAL CITIES



Capital Cities

Canada has a capital city. Each province and territory in Canada has a capital city, too.

The Capital City of Canada

The capital city of Canada is Ottawa. The federal government has its government offices there, in the **Parliament Buildings**. Federal politicians work in the Parliament Buildings.

Provincial and Territorial Capital Cities

The provinces and territories have capital cities, too. Each province has provincial government buildings in its capital city. Each territory has territorial government buildings in its capital city.

Understand What You Read

A Fill in the Blanks

Write each capital city beside its province or territory.

Yellowknife • Regina • Victoria • Toronto • Charlottetown
 St. John's • Winnipeg • Edmonton • Halifax
 Whitehorse • Fredericton • Quebec City • Iqaluit

Province or Territory	Capital City
British Columbia	
Alberta	
Saskatchewan	
Manitoba	
Ontario	
Quebec	
Newfoundland and Labrador	
New Brunswick	
Nova Scotia	
Prince Edward Island	
Yukon Territory	
Northwest Territories	
Nunavut	

B Answer the Questions

1. What is the capital city of Canada? _____
2. Which province is the capital city of Canada in? _____
3. What is the capital city of your province or territory? _____
4. How many capital cities are in Canada, including Ottawa? _____
5. What is the capital city of Ontario? _____

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DRIVING ACROSS CANADA

The Trans-Canada Highway



The Trans-Canada Highway

A highway crosses Canada from the east to the west. It is called the Trans-Canada Highway.

The Trans-Canada Highway is the longest highway in the world (that stays in one country). From St. John's in Newfoundland and Labrador to Victoria in British Columbia, the highway is 7,821 kilometres long.

Understand What You Read

A Answer the Questions

1. At 100 km an hour, about how many hours would it take to drive across Canada?

2. At 5 km an hour, about how many days would it take to walk across Canada?

3. These sentences are false. Change the underlined word to write a correct sentence on each line.

a) A highway crosses Canada from north to south.

b) It is called the Trans-Ontario Highway.

c) It is the widest highway in the world.

d) It is 8,721 kilometres long.

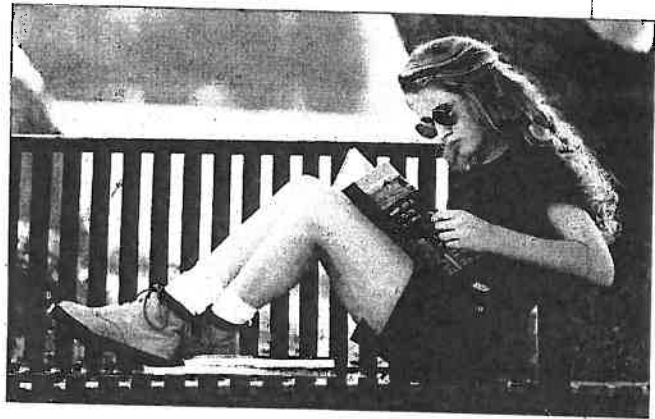
THE WEATHER IN CANADA

The weather varies in different parts of Canada. The North is the coldest part of Canada. The summers are short and the winters are long and very cold.

British Columbia is the most temperate province in Canada. **Temperate** means not too cold and not too hot. The winters there are milder than in other parts of Canada. The summers are warm but not too humid.

Many Canadians live in the southern part of Ontario. In this area, the summers are hot and more humid than in other parts of Canada.

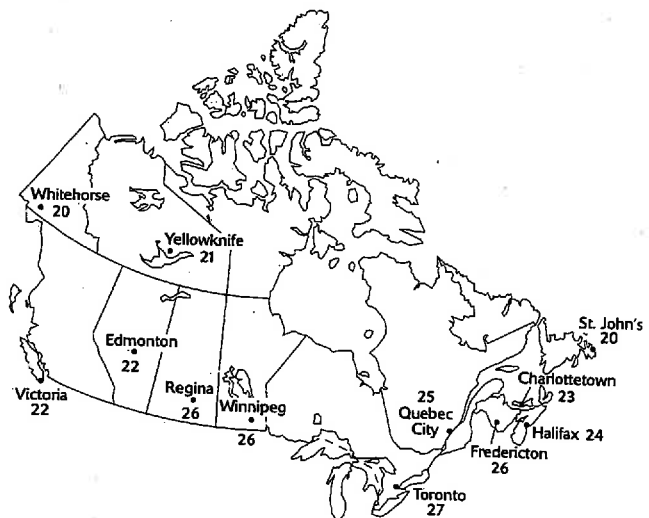
The maps show how cold Canada gets in the winter, and how hot it gets in the summer in the capital cities.



WINTER - Average Low Temperature in Celsius for the Coldest Month



SUMMER - Average High Temperature in Celsius for the Warmest Month



Source: Adapted from the Statistics Canada website, Jan. 2010, <http://www40.statcan.gc.ca/101/cst01/phys08b-eng.htm>.

Understand What You Read

A Map Work

Look at the winter and summer maps on page 15. Fill in the names of the provinces or territories and write the average temperatures on the chart below.

Average Daily Temperature in Celsius for the Coldest and Warmest Months			
Province or Territory	Capital City	Average Low in Winter	Average High in Summer
<i>British Columbia</i>	Victoria	1	22
<i>Alberta</i>	Edmonton		
	Regina		
	Winnipeg		
	Toronto		
	Quebec City		
	Fredericton		
	Halifax		
	Charlottetown		
	St. John's		
	Whitehorse		
	Yellowknife		
	Iqaluit	<i>data not available</i>	

B Answer the Questions (not including Iqaluit)

- Which capital city is the coldest in winter?

- Which capital city is the warmest in winter?

- Which capital city is the warmest in summer?

- Which two capital cities are the coolest in the summer?

C Map Work

Write the names of the provinces, territories and capital cities from warmest to coldest in the winter. Write the average low temperature beside each city.

Province or Territory	Capital City	WINTER Average Low Temperature
warmest in winter		
coldest in winter		

D Match

Draw a line to match each word with its meaning.

Temperate

Moist

Humid

A unit of measurement in the metric system

Celsius

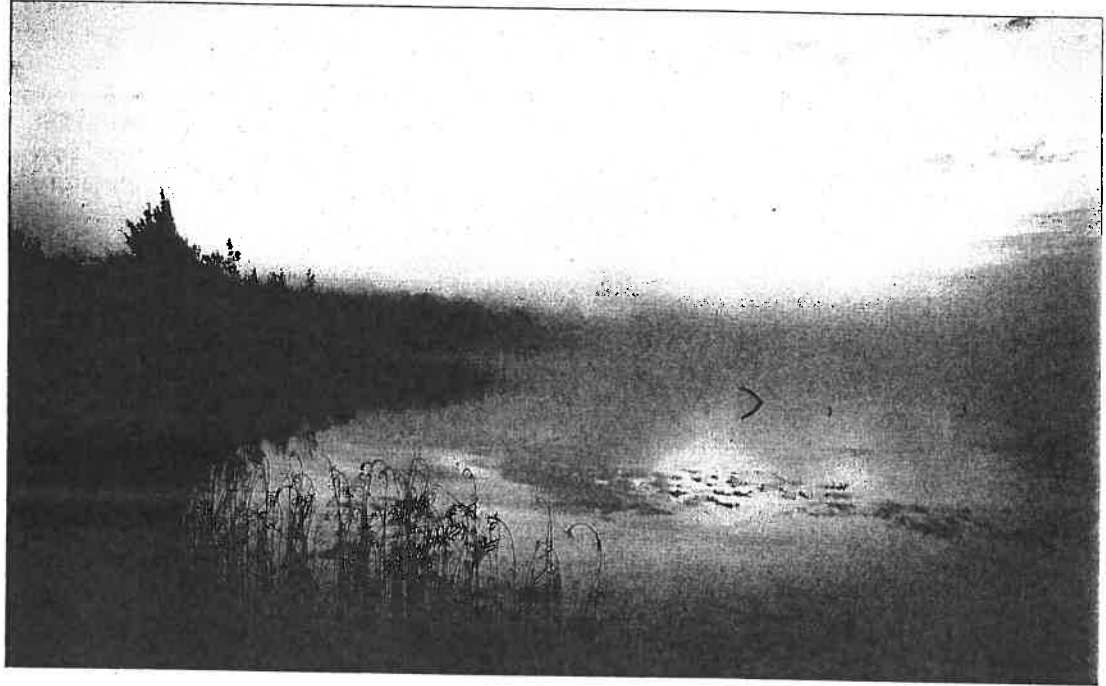
Mild

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TO LEARN ABOUT...

Canada's Land

In Units six to ten, you will learn about Canada's land.



Before you work on the units, try to answer these questions.

1. Do you think Canada has many forests?
Do you think Canada is
 - a) completely covered in forest?
 - b) about half covered in forest?
 - c) about a quarter covered in forest?
2. What do you think Canada produces from its forests?
3. Do you think Canada's soil is good for farming? What areas of Canada do you think are farmed?
4. Much of Canada is made up of tree-covered rock called the Canadian Shield. Which provinces or territories do you think contain the Canadian Shield? How do you think it can be used?
5. Look at a map of Canada in an atlas. List three oceans around Canada. List some of the large lakes of Canada.
6. There are mountains in parts of Canada. Which provinces or territories do you think have mountains?

UNIT 6 CANADA'S LAND

Forest

Canada is a huge country, about half covered in forest. There are forests in every part of Canada except the far north. It is too cold for trees there.

Rock

A huge area of rock covers much of Canada. It is called the Canadian Shield. The Canadian Shield is over three billion years old. It is mostly covered by a thin layer of soil and forest. The Canadian Shield is in most of Canada's provinces and territories.



Soil

Most of Canada's soil is not farmed. In many parts of Canada, the soil is not deep enough. In other parts, the summers are not long enough. But in parts of southern Canada, the soil is rich and healthy. Most of Canada's farms are in these southern areas of Canada.

Water

Canada has lots of water. There are about two million freshwater lakes, and many rivers. Canada also borders three oceans: the Atlantic Ocean, the Pacific Ocean and the Arctic Ocean. Hudson Bay is a huge body of water in the middle of Canada.

Mountains

In parts of Canada there are mountains. Canada's highest mountains are in the Yukon and in British Columbia. Smaller rounded mountains are in eastern Canada.

Understand What You Read

A Match

Parts of southern Canada have many	far north.
A large body of water in the middle of Canada is	forest.
A huge area of rock in Canada is called	farms.
About half of Canada is covered in	Hudson Bay.
It is too cold for trees in the	the Canadian Shield.

B Answer the Questions

1. Why is the far north of Canada the least covered in forest?

2. What is the Canadian Shield?

3. About how old is the Canadian Shield?

4. Describe the soil on top of the Canadian Shield.

5. Where are Canada's highest mountains?

6. Where are most of Canada's farms?

7. About how much of Canada is covered in forest?

8. Name the huge body of water in the middle of Canada.

9. About how many freshwater lakes are in Canada?

10. Where in Canada are there small rounded mountains?

C Discuss

1. Describe the land in your country of origin. Are there many forests, farms, freshwater lakes, mountains or oceans?
2. Where would you most like to live: near mountains, farms or water? Why?

About half of Canada is covered in forest. There is forest in every province and territory.

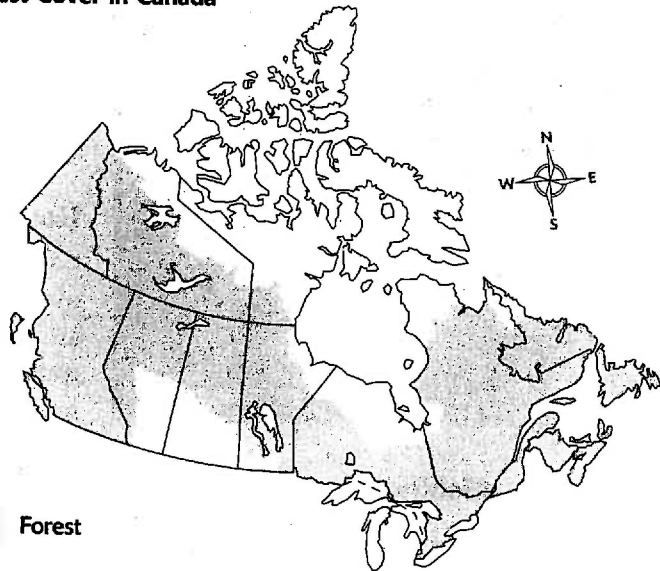
Forests are a valuable natural resource for Canada.

Some of Canada's forests are protected by law. People cannot cut down the trees in protected forests.

How Are the Forests Used?

In some forests, loggers cut down trees and cut them into logs. Companies buy the logs to make lumber, wood and pulp and paper products.

Forest Cover in Canada



Forest

Understand What You Read

A Answer the Questions

1. Look at the "forest cover" map. Which territory is the least covered in forest?

2. Which provinces or territories are almost completely covered in forest?

3. Paper products are made from trees. List as many paper products as you can.

4. List as many wood products as you can.

5. Do you think we should be concerned about losing Canada's forests? Why?

CANADA'S WATER

**Lakes, Rivers and Oceans**

Almost 10 percent of Canada is covered with freshwater lakes and rivers. There are about two million freshwater lakes in Canada, and many rivers. Canada also borders three oceans.

How Is Canada's Water Used?

Canada's water is a valuable natural resource. Canada uses its water for many things. We use water in homes and businesses, on farms and in factories. We also use water to transport products and people by boat, as a source of electricity and for catching fish.

Fishing

On the east and west coasts of Canada, many people fish in the coastal waters. Many others work in factories producing fish products. The fish catch and seafood production in Canada has been decreasing over the past fifty years. This is because of warmer temperatures and over-fishing. Canada wants to make sure we don't over-fish our waters. The government has rules about how many fish we can take from the ocean.

Hydroelectricity

The word **hydro** means water. Hydroelectricity is electricity that is made from moving water. About 60 percent of Canada's electricity is hydroelectricity. Canada also makes electricity from coal, oil and nuclear power. British Columbia and Quebec produce the most hydroelectricity in Canada.

Understand What You Read**A Discuss**

1. There is a lot of water in Canada. Are there many lakes and rivers in your country of origin?
2. Salmon and crab are two common sea animals in Canada's coastal waters. Make a list of other common sea animals. Which sea animals do you like best?
3. Some Canadians work as fishers. Which provinces do you think these Canadians work in?

B Answer the Questions

1. List three oceans that border Canada.

2. About how much of Canada is covered in freshwater lakes and rivers?

3. About how many freshwater lakes are in Canada?

4. List five uses for Canada's water.

5. In which provinces do you think people have jobs as fishers?

6. Why has the fish catch in Canada decreased over the past fifty years?

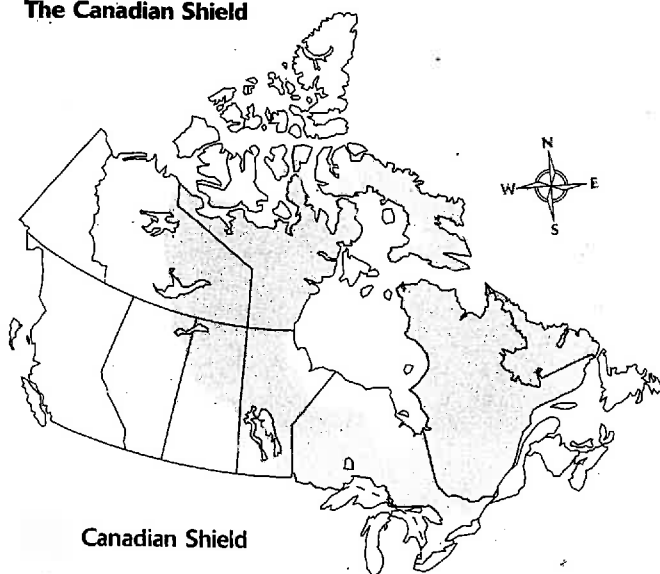
7. What does **hydro** mean?

8. What is hydroelectricity?

9. Which provinces produce the most hydroelectricity?

10. List three other sources of electricity.

The Canadian Shield



About half of Canada is covered by a huge area of rock called the Canadian Shield.

The Canadian Shield is covered by a thin layer of soil and forest, with many small lakes and rivers.

Where Is the Canadian Shield?

The Canadian Shield covers about half of Canada's land. It is a large U-shaped area that surrounds Hudson Bay.

How Does Canada Use the Canadian Shield?

There are many minerals in the rock of the Canadian Shield. These minerals are a valuable resource. Some of the minerals in

the Canadian Shield are copper, zinc, iron, gold, silver, nickel and coal. Coal is a black rock that is burned to make electricity.

There are mines in most of Canada's provinces and territories. Many of Canada's mines are in northern Ontario and Quebec. Miners extract minerals from the mines. The minerals are used to make many of the items we use every day, such as cars, tools, wire and appliances.

Canada's Sedimentary Rock

Canada has a lot of sedimentary rock, too. Sedimentary rock is different from the rock of the Canadian Shield.

What Is Sedimentary Rock?

Moving rivers carry sediment along with water. Sediment includes sand, mud, older rocks, and plant and animal life. Over time, layers and layers of sediment settle on the ground. After many years the sediment layers get hard and become sedimentary rock.

Sedimentary rock contains oil and natural gas. Oil and gas are valuable resources. They are used to produce gasoline, jet fuel, heat and electricity for homes and businesses.

Sedimentary rock is on the ocean floor in coastal areas of Canada. It is also in parts of Canada. Much of Canada's sedimentary rock is in Alberta and Saskatchewan, parts of the Atlantic provinces and in the western half of the Northwest Territories.

Most of Canada's oil and natural gas is found in Alberta.

Understand What You Read

A Answer the Questions

1. Look at the map of Canada on page 24. List the provinces and territories that contain parts of the Canadian Shield.

2. How does Canada use coal?

3. List five minerals found in the Canadian Shield.

4. Write **southeast** or **southwest** on the lines.
 - a) The _____ corner of Ontario is not covered by the Canadian Shield.
 - b) The _____ corner of Quebec is not covered by the Canadian Shield.
5. What is sediment?

6. Why is sedimentary rock a valuable resource?

7. In which province is most of Canada's oil and natural gas found?

8. What can we make from oil and gas?

9. Where is there sedimentary rock in Canada?

SOIL

The Soil in Canada

Not much of Canada's soil is farmed. In the far north, the soil is always frozen. In many parts of Canada, the growing season is too short for crop farming. On much of the Canadian Shield, the layer of soil on the rock is too thin.

In parts of southern Canada, the soil is very healthy. Most of Canada's farms are there.

There are about 230,000 farms in Canada.

Number of Farms in Canada, 2006

Region	Province or Territory	Farms
Atlantic Region	Newfoundland & Labrador	558
	Prince Edward Island	1,700
	Nova Scotia	3,795
	New Brunswick	2,776
Central Canada	Quebec	30,675
	Ontario	57,211
Prairie Provinces	Manitoba	19,054
	Saskatchewan	44,329
	Alberta	49,431
The West Coast	British Columbia	19,844
The North	Yukon	148
	Northwest Territories	33
	Nunavut	0

Canada's Farms

Canada's livestock farms include dairy and beef cattle, hogs, poultry, sheep and goats.

Canada's crop farms include wheat and other grains, barley, corn and potatoes.

Canada also produces fruit.

Source: Adapted from the Statistics Canada website, Jan. 2010, <http://www.statcan.gc.ca/pub/95-629-x/>.

Understand What You Read

A Answer the Questions

1. Which region of Canada has the most farms?

2. Which region of Canada has the fewest farms?

3. About how many farms are there in Canada?

Canada's Regions

In Units eleven to seventeen, you will learn about Canada's regions.

Before you work on the units, try to answer these questions.

Canada is divided into five regions: the North, the West Coast, the Prairie provinces, Central Canada and the Atlantic region.

1. The five regions are shaded on the maps below. Try to write the correct region under each map.



2. Which region do you think is the most populated? _____
3. Which region do you think is the least populated? _____
4. Which regions have coastal areas? _____

CANADA'S REGIONS

Canada has five regions. The land in each region is different from the other regions.

The West Coast



British Columbia

The Prairie Provinces



Alberta • Saskatchewan • Manitoba

Central Canada



Ontario • Quebec

The Atlantic Region



New Brunswick • Nova Scotia
Prince Edward Island • Newfoundland and Labrador

The North



Yukon • Northwest Territories • Nunavut

Understand What You Read

A Fill in the Blanks

Shade the correct provinces or territories for each region. Write the correct provinces or territories under each region.

The Prairie Provinces



The West Coast



Central Canada



The Atlantic Region

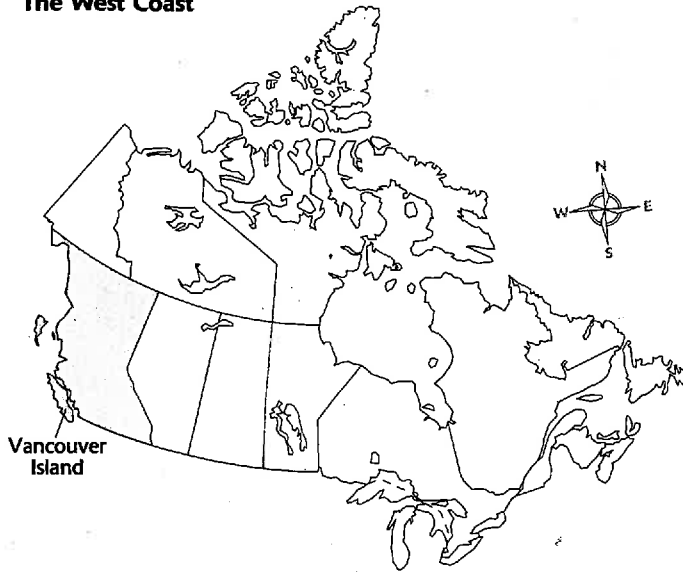


The North



THE WEST COAST

The West Coast



British Columbia is the only province in the West Coast region.

Why Is It Called the West Coast?

British Columbia is the western-most province in Canada. It is also the only province that is next to the Pacific Ocean. Land next to the ocean is called **coast**.

What Does It Look Like?

Most of British Columbia is covered in forest and mountains. The **Rocky Mountains** of British Columbia are among the tallest in Canada.

Cities on the West Coast

Most people in British Columbia live in the southwest part of the province. Two large cities in British Columbia are Vancouver and Victoria. Vancouver is the largest city in British Columbia, and is Canada's third-largest city. Victoria is the capital city of British Columbia. It is on Vancouver Island. Vancouver Island is off British Columbia's southwest coast.

How Is the Land Used?

British Columbia has the most valuable forestry industry in Canada. The forestry industry includes cutting down trees and making lumber, wood and paper products.

Some of the land is used for farming. Cattle, fruit and horse farms are most common.

People fish for salmon and other fish off the coast of British Columbia.

British Columbia uses its fast-moving waters to make hydroelectric power. Most of British Columbia's electricity is generated from water.



Understand What You Read

A Answer the Questions

1. How many provinces are on the West Coast?

2. Why is it called the West Coast?

3. Describe the land in British Columbia.

4. Victoria is on an island that belongs to British Columbia. Name the island.

5. Draw a line to match the resources with how they are used.

West Coast Resources

forest
soil
moving water
ocean

Using the Resources

salmon fishing
hydroelectric power
fruit and vegetables
wood and paper products

B Correct the Sentences

Each of the sentences is false. Circle the word that makes the sentence false. Then write a correct sentence on the line.

1. The West Coast is on the east side of Canada.

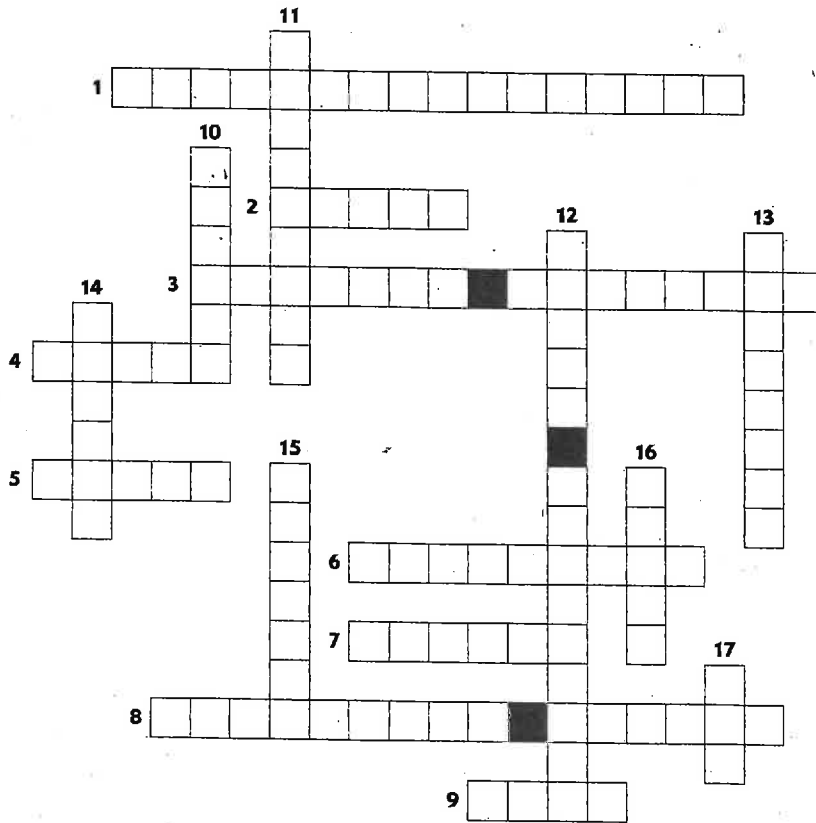
2. The West Coast is on the Atlantic Ocean.

3. The capital city of British Columbia is Vancouver.

4. Vancouver is Canada's largest city.

C Crossword

Try to complete the crossword without looking at the word list.



ACROSS →

1. Electricity made from water
2. Vancouver is our ___ largest city.
3. A province in the West Coast region
4. A product made from trees
5. Land that lies beside the ocean
6. The largest city in British Columbia
7. Land that is full of trees
8. An island of British Columbia
9. British Columbia is ___ of Alberta.

DOWN ↓

10. A product made from trees
11. Forest and ___ cover most of BC.
12. A mountain range in British Columbia
13. The capital of British Columbia
14. A kind of salt water fish
15. British Columbia is beside the ___ ocean.
16. Another word for the sea
17. There is ___ province on the West Coast.

Word List

one • forest • lumber • Victoria • British Columbia
 Rocky Mountains • coast • paper • salmon
 Vancouver • Pacific • mountains • west • third • ocean
 Vancouver Island • hydroelectricity

THE PRAIRIE PROVINCES

There are three provinces in the Prairie provinces.

Why Is the Region Called the Prairie Provinces?

The word **prairie** means flat grassy land. The land in the southern part of the Prairie provinces is flat and grassy.

What Does It Look Like?

The northern half of this region is covered in forest.

The southern half is mostly flat with very rich soil. Many large farms cover the southern part of the Prairie provinces.

Cities in the Prairie Provinces

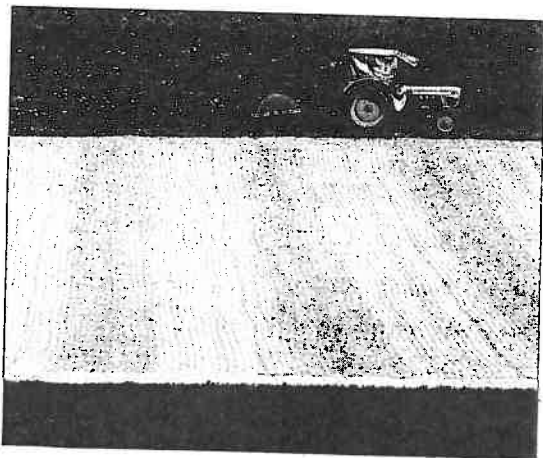
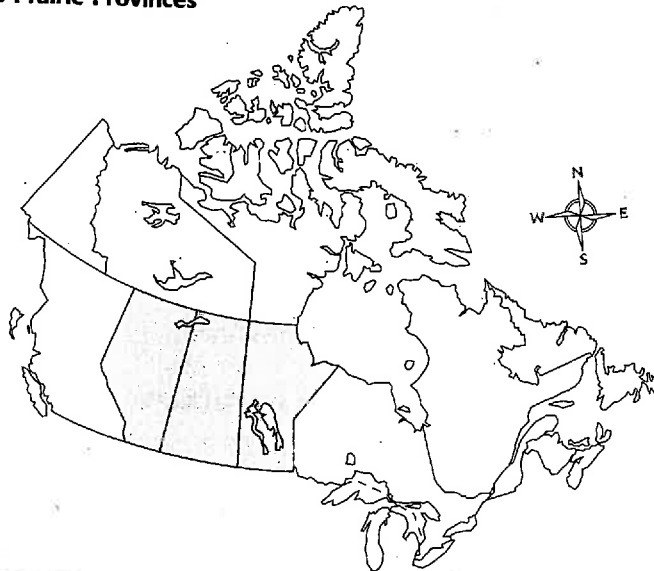
The five largest cities in the Prairie provinces are Calgary, Edmonton, Winnipeg, Saskatoon and Regina.

How Is the Land Used?

Most of the land in the southern half of the Prairie provinces is farmed. Most of the farms there are cattle, wheat and grain farms.

Wheat is used to make bread. For this reason, we sometimes call the Prairie provinces Canada's breadbasket.

The Prairie Provinces



Mining

There are large areas of sedimentary rock in the Prairie provinces. Oil and natural gas are mined from the rock. There are many oil and gas deposits in northern Alberta. Alberta makes most of Canada's oil and natural gas.

Understand What You Read

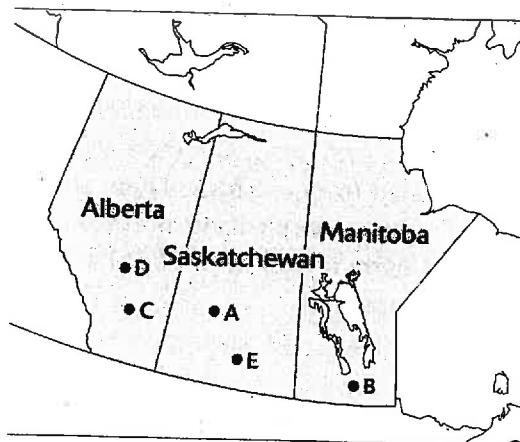
A Match

Write the correct letter on the lines to match the words with their meanings. The first one is done for you.

- | | |
|---------------------------------------|---|
| _____ ^c Capital of Alberta | a) Flat grassy land |
| _____ Canada's breadbasket | b) Alberta, Saskatchewan and Manitoba |
| _____ Three | c) Edmonton |
| _____ Prairie provinces | d) Winnipeg |
| _____ Covered in farms | e) Regina |
| _____ Prairie | f) Another name for the Prairie provinces |
| _____ Capital of Saskatchewan | g) Used to make bread |
| _____ Northern Alberta | h) Number of provinces in the Prairie provinces |
| _____ Capital of Manitoba | i) Southern half of the Prairie provinces |
| _____ Wheat | j) Has lots of oil and gas deposits |

B Map Work

Use a map of Canada to find Calgary, Edmonton, Regina, Saskatoon and Winnipeg. Then write the correct letter (for each city) on the lines.



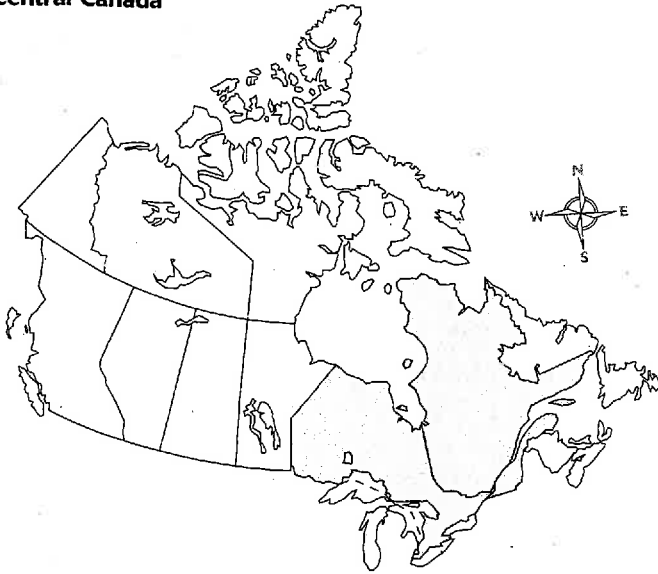
Most Populated Cities in the Prairie Province

- | | |
|-----------|-------|
| Calgary | _____ |
| Edmonton | _____ |
| Regina | _____ |
| Saskatoon | _____ |
| Winnipeg | _____ |

Which three cities are capital cities?

CENTRAL CANADA

Central Canada



There are two provinces in Central Canada.

Why Is It Called Central Canada?

Central means near the centre. The provinces of Central Canada are the two largest, most populated provinces of Canada.

What Does It Look Like?

Most of Central Canada is covered by a large area of forest-covered rock called the Canadian Shield.

Central Canada is full of rivers and lakes. It has more freshwater than any other region in Canada. Ontario is home to the **Great Lakes**. There is a huge river in Quebec called the **St. Lawrence River**.

Cities in Central Canada

Most people in Central Canada live in cities in the south-central part of the region. The five largest cities there are Toronto, Montreal, Ottawa-Hull, Quebec City and Hamilton. Toronto and Montreal are the most populated cities in Canada.

How Is the Land Used?

Miners dig for minerals in the Canadian Shield. Companies use the minerals to make many of the products we use every day. The forest is used to make wood, pulp and paper products. We use some of the water in Central Canada to generate hydroelectricity.

The land in the south is used for farming. There are all kinds of farms in the southern part of Central Canada. The most common farms are cattle and grain farms.

Toronto



Understand What You Read

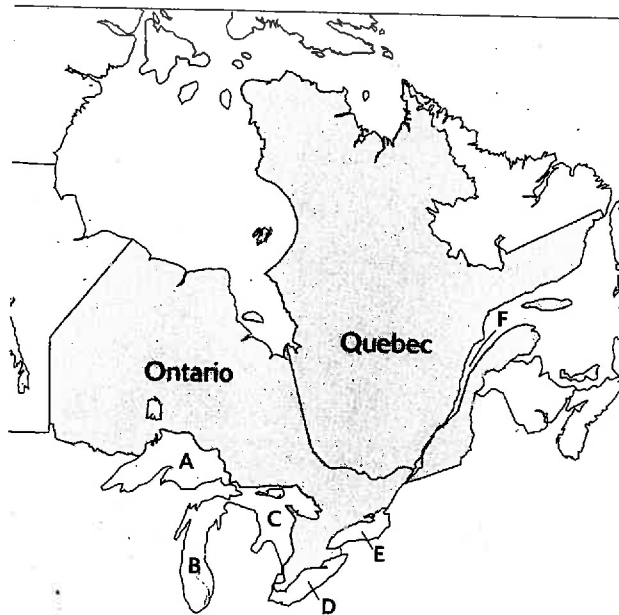
A Fill in the Blanks

rock • forest • east • populated • freshwater
 Quebec • Toronto • Ontario • minerals • paper

- The two provinces in Central Canada are _____ and _____.
- _____ is the capital city of Ontario.
- Central Canada is the most _____ region in Canada.
- Central Canada has the most _____ in Canada.
- The Canadian Shield is a large area of _____.
- The Canadian Shield is covered in _____.
- Central Canada is _____ of the Prairie provinces.
- Miners dig for _____ in the Canadian Shield.
- The forest is used to make wood, pulp and _____ products.

B Map Work

Use a map of Canada to find the Great Lakes and the St. Lawrence River. Then write the correct letter for each lake or river on the lines.

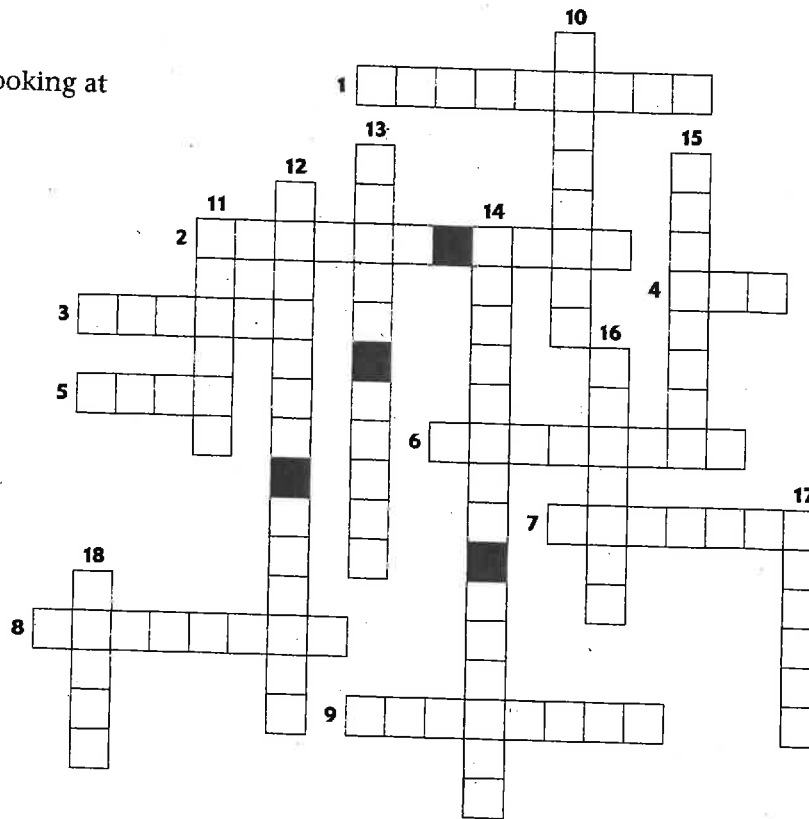


Waters of Central Canada

- St. Lawrence River _____
- Lake Ontario _____
- Lake Michigan _____
- Lake Superior _____
- Lake Erie _____
- Lake Huron _____

C Crossword

Try to complete the crossword without looking at the word list.



ACROSS →

1. Central Canada is Canada's most ____ region.
2. The capital city of Quebec
3. On top of the Canadian Shield
4. There are ____ provinces in Central Canada.
5. There are ____ Great Lakes.
6. Copper, iron ore, nickel and silver are ____.
7. A province in Central Canada
8. Lake ____ is the only Great Lake that is entirely in the United States.
9. A Great Lake west of Lake Michigan

DOWN ↓

10. A large city in Ontario
11. A province in Central Canada
12. Ontario and Quebec
13. Five large lakes in Central Canada
14. A large area of rock covered with forest
15. A large city in Quebec
16. The capital city of Ontario
17. The capital city of Canada
18. The St. Lawrence is a large ____ in Quebec.

Word List

Ontario • Montreal • five • Hamilton • two • Superior
 river • Central Canada • Ottawa • Great Lakes
 Toronto • Michigan • forest • Quebec • Canadian Shield
 minerals • Quebec City • populated

THE ATLANTIC REGION

There are four provinces in the Atlantic region.

Why Is It Called the Atlantic Region?

The Atlantic region is next to the Atlantic Ocean. Sometimes we call the Atlantic region the **Maritimes** or the **East Coast**. A **coast** is land beside the ocean.

The Atlantic Region



What Does It Look Like?

There are farms, cities and towns and many small fishing villages in the Atlantic region.

The Provinces of the Atlantic Region

Newfoundland and Labrador is mostly rocky with many small lakes and rivers. Many fish live in the coastal waters.

Prince Edward Island is the smallest province in Canada. The soil is rich and healthy. Many farms are there.

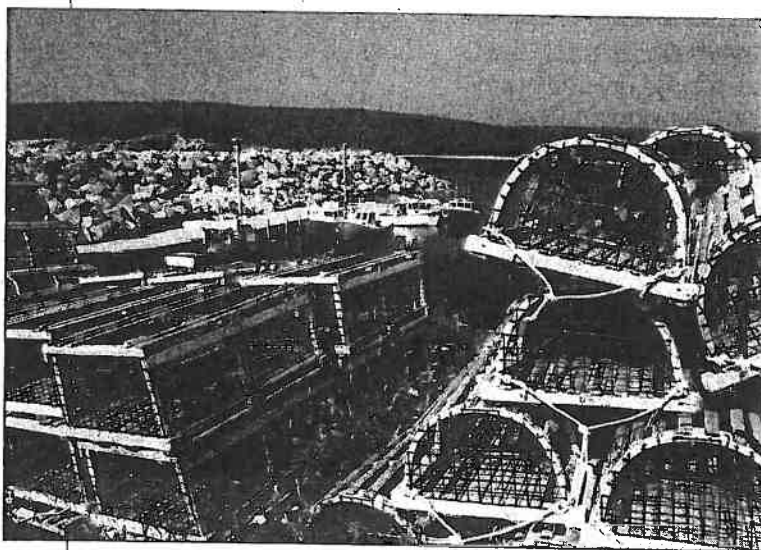
New Brunswick and Nova Scotia are mostly covered in forest. There are also many farms.

How Is the Land Used?

Loggers cut down trees in some of the forests. Companies use the wood to make lumber, pulp and paper products.

People fish in the coastal waters of the Atlantic provinces. Lobster and crab are the most valuable seafood in the Atlantic region.

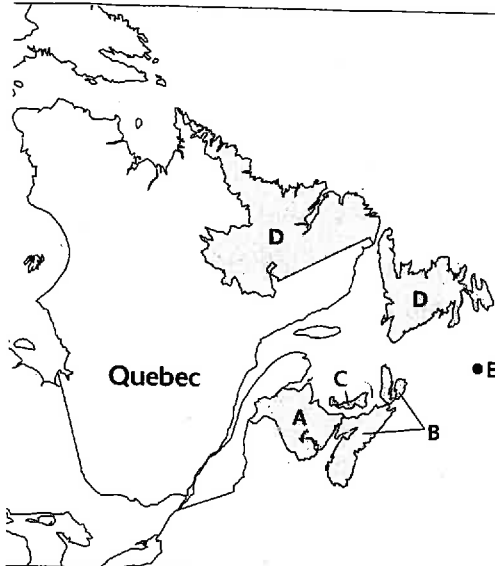
There are many farms in most of the Atlantic provinces. A lot of them are cattle farms. Farmers also grow fruit and potatoes.



Understand What You Read

A Map Work

Use a map of Canada to find the four provinces of the Atlantic region. Then write the correct letter for each province on the line.



The Atlantic Region

- Newfoundland and Labrador _____
- Prince Edward Island _____
- New Brunswick _____
- Nova Scotia _____
- The Atlantic Ocean _____

B Fill in the Blanks

Write the name of the correct Atlantic province on the line.

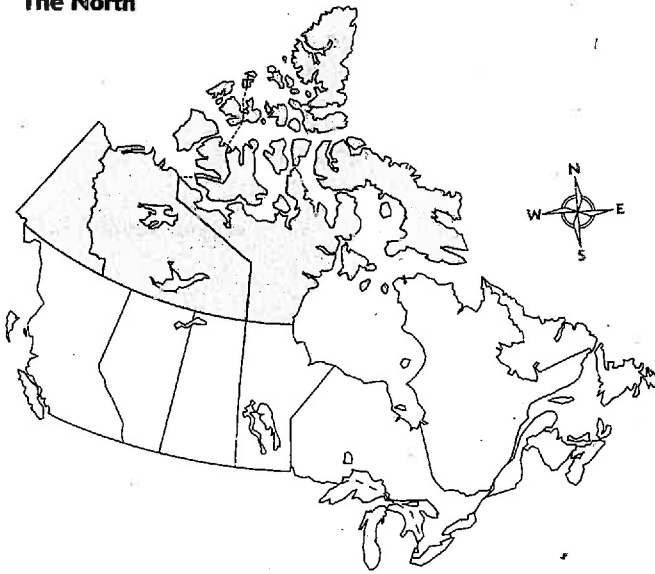
1. The smallest province in the Atlantic region is _____.
2. The province with the longest coastline in the Atlantic region is _____.
3. The largest province in the Atlantic region is _____.
4. _____ is completely surrounded by water.
5. _____ and _____ border Quebec.
6. _____ is north of Prince Edward Island.
7. _____ is east of New Brunswick.

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UNIT 16

THE NORTH

The North



There are three territories in the North. The winters are long and very cold in the North. The summers are short.

What Does It Look Like?

The North is the largest region in Canada, but it has the smallest population. It is partly covered in forest. In the far north, the land is frozen all year. Trees do not grow there. That land is called **tundra**.

Mountains and wilderness cover most of the **Yukon**. It is home to Canada's highest peak, Mount Logan.

The Inuit

The Inuit are a group of Aboriginal people. Aboriginal people were the first people to live in Canada. They have lived in Canada for thousands of years.

Most Inuit live in **Nunavut**. Some Inuit live by hunting and trapping animals. Others make soapstone carvings and other artwork. The art is sold all over Canada.

The Inuit have lived in Canada for thousands of years.



How Is the Land Used?

There are gold, lead and zinc mines in the North. There are also oil and gas deposits. Some people have jobs working in the mines or looking for other mineral and oil deposits.

Understand What You Read

A Answer the Questions

1. List the capital cities of each territory in the North.

Yukon

Northwest Territories

Nunavut

2. Why are there no trees in the far north?

3. Name Canada's highest peak. Where is it?

4. Who are Aboriginal peoples?

5. Most Inuit live in which territory?

6. What types of mines are in the North?

7. Which territory has mountains?

8. Which territory is on the east side of Canada?

9. Which territory has many islands?

10. What is the weather like in the North?

B Discuss

1. Why do you think so few people live in the North?

REGION REVIEW

The North • The West Coast • The Prairie provinces
Central Canada • The Atlantic region

Write the region that

- 1. Is mostly flat in the southern part _____
- 2. Has the highest mountain in Canada _____
- 3. Is on the Pacific Ocean _____
- 4. Is on the Atlantic Ocean _____
- 5. Is the largest in size _____
- 6. Is the most populated _____
- 7. Produces the most forestry products _____
- 8. Is sometimes called Canada's breadbasket _____
- 9. Is the least populated _____
- 10. Is the smallest in size _____
- 11. Has the most freshwater lakes and rivers _____
- 12. Has many fishing villages _____
- 13. Is mostly covered by the Canadian Shield _____
- 14. Produces the most oil and gas _____
- 15. Has territories _____
- 16. Is home to most of the Inuit _____

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GLOSSARY

THE LAND

Atlantic region:	Nova Scotia, New Brunswick, Prince Edward Island and Newfoundland and Labrador
Canada:	The northernmost country in North America
Canada's breadbasket:	Another name for the Prairie provinces
Canadian Shield:	A large area of rock in Canada
Capital city:	The city in which the government is based
Celsius:	A unit of metric measurement used to measure temperature
Central Canada:	Ontario and Quebec
Coal:	A black mineral burned to make electricity
Coast:	Land beside the ocean
Continent:	A large area of land
East Coast:	Another name for the Atlantic region
Great Lakes:	Five large lakes in southern Ontario
Hudson Bay:	A large body of water in the middle of Canada
Humid:	Moist
Hydroelectricity:	Electricity made from moving water
Metric system:	A system for measuring distance, weight, mass and temperature
Mount Logan:	Canada's highest mountain
North (the):	Yukon Territory, the Northwest Territories and Nunavut
North America:	A continent that includes Canada, the United States and Mexico
Parliament Buildings:	The federal government buildings in Ottawa
Population:	The number of people who live in a place
Prairie provinces:	Manitoba, Saskatchewan and Alberta
Rocky Mountains:	Mountains in Western Canada
Sedimentary rock:	Rock made by rivers carrying sediment
Temperate:	Not too hot and not too cold
Trans-Canada Highway:	A highway that crosses southern Canada
Vancouver Island:	An island of British Columbia
Wheat:	A grain used to make bread