# Canada’s Provinces and Territories

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<thead>
<tr>
<th>Get Ready to Learn</th>
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<tr>
<td>Unit 1</td>
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<td>The Size of Canada</td>
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<td>The Capital Cities</td>
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<td>Driving Across Canada</td>
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<td>Unit 5</td>
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<td>The Weather in Canada</td>
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# Canada’s Land

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<td>Unit 6</td>
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<td>The Forest</td>
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<td>Unit 8</td>
<td>22</td>
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<td>Canada’s Water</td>
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<td>Unit 9</td>
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<td>Rock</td>
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<td>Unit 10</td>
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# Canada’s Regions

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<tr>
<td>Unit 11</td>
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<td>Canada’s Regions</td>
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<td>Unit 12</td>
<td>30</td>
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<td>The West Coast</td>
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<td>Unit 13</td>
<td>33</td>
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<td>The Prairie Provinces</td>
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<td>35</td>
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<td>Central Canada</td>
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<td>Unit 15</td>
<td>38</td>
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<tr>
<td>The Atlantic Region</td>
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<td>Unit 16</td>
<td>40</td>
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<tr>
<td>The North</td>
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<td>42</td>
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<tr>
<td>Region Review</td>
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</tbody>
</table>

# Glossary

| 43 |
Canada’s Provinces and Territories

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

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.
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

Answer the Questions

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

<table>
<thead>
<tr>
<th>Countries by Size</th>
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<tbody>
<tr>
<td>Largest</td>
</tr>
<tr>
<td>Second-largest</td>
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<tr>
<td>Third-largest</td>
</tr>
<tr>
<td>Fourth-largest</td>
</tr>
<tr>
<td>Fifth-largest</td>
</tr>
<tr>
<td>Sixth-largest</td>
</tr>
</tbody>
</table>

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?

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
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*

<table>
<thead>
<tr>
<th>British Columbia</th>
</tr>
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<tbody>
<tr>
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</tbody>
</table>

### Canada’s Three Territories

*from west to east*

<p>| |</p>
<table>
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</table>

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

### Oceans Surrounding Canada

*in any order*

<p>| |</p>
<table>
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</table>

### The Five Great Lakes

*between Ontario and the United States*

<p>| |</p>
<table>
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</tbody>
</table>

PART ONE—THE LAND
**B Fill in the Blanks**

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

---

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.

---

UNIT TWO - THE PROVINCES AND TERRITORIES
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**

<table>
<thead>
<tr>
<th>north</th>
<th>south</th>
<th>east</th>
<th>west</th>
</tr>
</thead>
</table>

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.


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.
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 ↓
1. NB
2. MB
3. NS
4. PE
5. BC
6. YT
7. NL

ACROSS →
8. QC
9. AB
10. NU
11. NT
12. ON
13. SK
**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
Capital Cities
Canada has a capital city. Each province and territory in Canada has a capital city, too.

The Capital City of Canada

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

<table>
<thead>
<tr>
<th>Province or Territory</th>
<th>Capital City</th>
</tr>
</thead>
<tbody>
<tr>
<td>British Columbia</td>
<td></td>
</tr>
<tr>
<td>Alberta</td>
<td></td>
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<tr>
<td>Saskatchewan</td>
<td></td>
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<tr>
<td>Manitoba</td>
<td></td>
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<tr>
<td>Ontario</td>
<td></td>
</tr>
<tr>
<td>Quebec</td>
<td></td>
</tr>
<tr>
<td>Newfoundland and Labrador</td>
<td></td>
</tr>
<tr>
<td>New Brunswick</td>
<td></td>
</tr>
<tr>
<td>Nova Scotia</td>
<td></td>
</tr>
<tr>
<td>Prince Edward Island</td>
<td></td>
</tr>
<tr>
<td>Yukon Territory</td>
<td></td>
</tr>
<tr>
<td>Northwest Territories</td>
<td></td>
</tr>
<tr>
<td>Nunavut</td>
<td></td>
</tr>
</tbody>
</table>

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?
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 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.

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.

<table>
<thead>
<tr>
<th>Province or Territory</th>
<th>Capital City</th>
<th>Average Low in Winter</th>
<th>Average High in Winter</th>
</tr>
</thead>
<tbody>
<tr>
<td>British Columbia</td>
<td>Victoria</td>
<td>1</td>
<td>22</td>
</tr>
<tr>
<td>Alberta</td>
<td>Edmonton</td>
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<td></td>
<td>Regina</td>
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<td>Winnipeg</td>
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<td>Toronto</td>
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<td></td>
<td>Quebec City</td>
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<td></td>
<td>Fredericton</td>
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<td>Halifax</td>
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<td></td>
<td>Charlottetown</td>
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<td></td>
<td>St. John's</td>
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<td>Whitehorse</td>
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<td></td>
<td>Yellowknife</td>
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</tr>
<tr>
<td></td>
<td>Iqaluit</td>
<td></td>
<td>data not available</td>
</tr>
</tbody>
</table>

B) Answer the Questions (not including Iqaluit)

1. Which capital city is the coldest in winter?

2. Which capital city is the warmest in winter?

3. Which capital city is the warmest in summer?

4. 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.

<table>
<thead>
<tr>
<th>Province or Territory</th>
<th>Capital City</th>
<th>WINTER Average Low Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>warmest in winter</td>
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<tr>
<td>coldest in winter</td>
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</table>

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
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?
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

<table>
<thead>
<tr>
<th>Parts of southern Canada have many</th>
<th>far north.</th>
</tr>
</thead>
<tbody>
<tr>
<td>A large body of water in the middle of Canada is</td>
<td>forest.</td>
</tr>
<tr>
<td>A huge area of rock in Canada is called</td>
<td>farms.</td>
</tr>
<tr>
<td>About half of Canada is covered in</td>
<td>Hudson Bay.</td>
</tr>
<tr>
<td>It is too cold for trees in the</td>
<td>the Canadian Shield.</td>
</tr>
</tbody>
</table>
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.

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**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?
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

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.
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?
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.

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


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.

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 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 Atlantic Region

The West Coast

Central Canada

The North
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.

<table>
<thead>
<tr>
<th>West Coast Resources</th>
<th>Using the Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>forest</td>
<td>salmon fishing</td>
</tr>
<tr>
<td>soil</td>
<td>hydroelectric power</td>
</tr>
<tr>
<td>moving water</td>
<td>fruit and vegetables</td>
</tr>
<tr>
<td>ocean</td>
<td>wood and paper products</td>
</tr>
</tbody>
</table>

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.
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

**PART ONE - THE LAND**
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.

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.

- Capital of Alberta
- Canada’s breadbasket
- Three ,
- Prairie provinces
- Covered in farms
- Prairie
- Capital of Saskatchewan
- Northern Alberta
- Capital of Manitoba
- Wheat

a) Flat grassy land
b) Alberta, Saskatchewan and Manitoba
c) Edmonton
d) Winnipeg
e) Regina -
f) Another name for the Prairie provinces
g) Used to make bread
h) Number of provinces in the Prairie provinces
i) Southern half of the Prairie provinces
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

<table>
<thead>
<tr>
<th>City</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calgary</td>
<td></td>
</tr>
<tr>
<td>Edmonton</td>
<td></td>
</tr>
<tr>
<td>Regina</td>
<td></td>
</tr>
<tr>
<td>Saskatoon</td>
<td></td>
</tr>
<tr>
<td>Winnipeg</td>
<td></td>
</tr>
</tbody>
</table>

Which three cities are capital cities?
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.
Understand What You Read

A Fill in the Blanks

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

1. The two provinces in Central Canada are _______ and _______.
2. _______ is the capital city of Ontario.
3. Central Canada is the most _______ region in Canada.
4. Central Canada has the most _______ in Canada.
5. The Canadian Shield is a large area of _______.
6. The Canadian Shield is covered in _______.
7. Central Canada is _______ of the Prairie provinces.
8. Miners dig for _______ in the Canadian Shield.
9. 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 ______

36 PART ONE - THE LAND
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
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.

**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.
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 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?
<table>
<thead>
<tr>
<th>The North</th>
<th>The West Coast</th>
<th>The Prairie provinces</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Canada</td>
<td></td>
<td>The Atlantic region</td>
</tr>
</tbody>
</table>

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
| **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 |