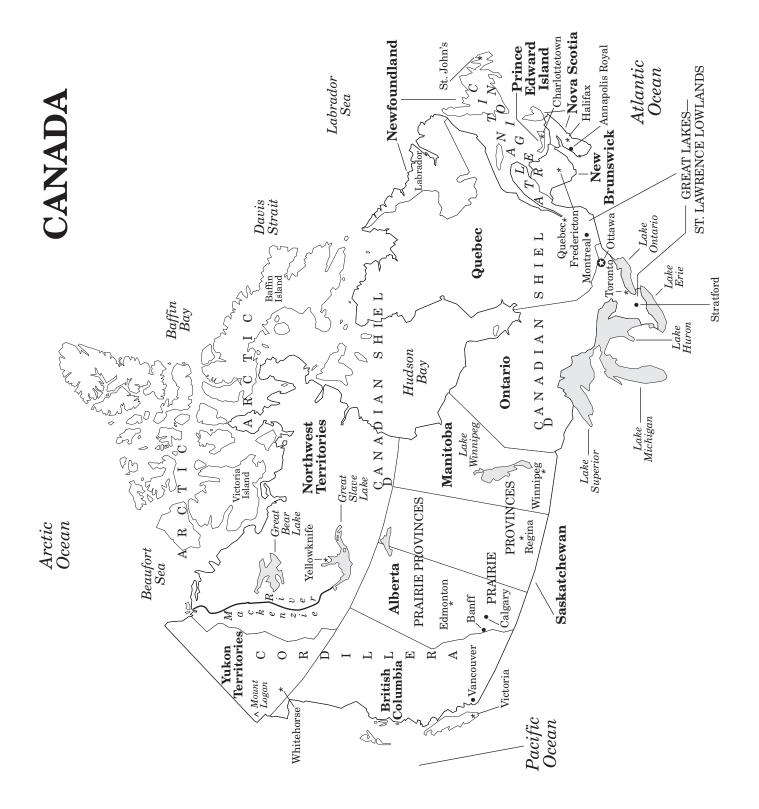
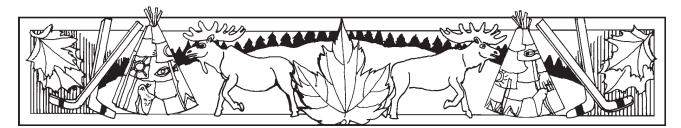
## **Table of Contents**

Canada	1
Physical Features	3
History	6
Daily Life	11
Languages and Expressions	14
Holidays and Festivals	16
Foods	
Creative Arts	
Sports and Games	23
Additional Resources	





## Canada

Canada is a melting pot of many different people and cultures. Today, approximately 27 percent of Canada's population is of French heritage. The French language is spoken by 80 percent of the people in Quebec, the most populated province in Canada. The license plates of the automobiles in Quebec bear the motto of the province—"Je me souviens" (*"I remember"*)—which is an allusion to the glory of the ancient regime. Suggested by Ugen Paché, the motto first appeared beneath the Provincial Coat of Arms of Quebec on February 9, 1883.

The first language of two-thirds of Canadians is English. Forty percent of the English speakers are of British descent. There are also German, Chinese, Ukrainian, and Italian immigrants, as well as many Native tribes and Inuit Eskimos— the first settlers of the region. Each group has its own language and traditions.

The largest industry in Canada is the service industry—the business of helping others. Service occupations include doctors, lawyers, accountants, and retailers. Canada is the sixth—ranking manufacturing and trading country in the world. There are now only one or two farming families out of every one hundred families. Those that do farm tend to be highly specialized; they might grow a certain vegetable or raise a certain animal.

Area—3,849,670 square miles (9,970,645 square kilometers)

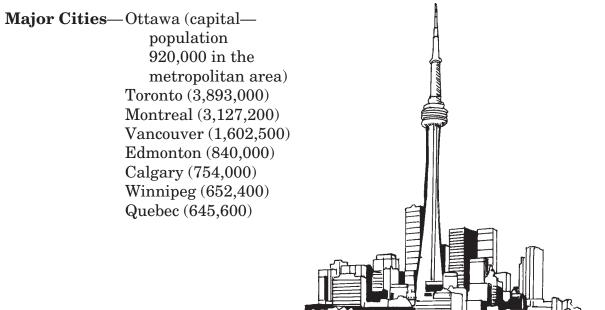
Population—27,300,000 people in ten provinces and two territories

**Flag**—The Canadian flag has one red eleven—pointed maple leaf on a white background in the middle, and red bars on each side. Canada's current flag was unveiled in 1965. The red side bars represent the ocean boundaries.



**Coat of Arms**—The Canadian Coat of Arms features the royal arms of England, Scotland, Ireland, and France above three red maple leaves.



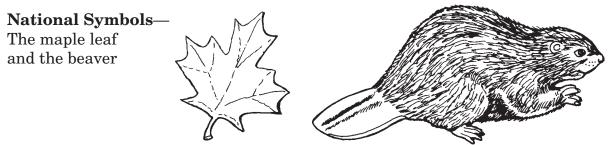


The Canadian National Tower in Toronto is the world's tallest freestanding structure.

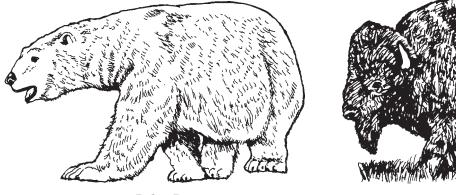
**Religion**—Christianity and Judaism are the most practiced religions in Canada. There have been recent waves of immigrants from the Far East settling in Canada. These immigrants are primarily Buddhists. Some Muslims, Hindus, and Sikhs also live in Canada.

Highest Mountain—Mount Logan (19,520 feet—5856 meters)

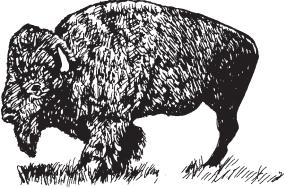
Longest River—Mackenzie River (1100 miles—1771 kilometers)



**Animals**—Many animals roam the forests, prairies, and snowy northern areas. Bears, moose, deer, and bison are common in Canada.



Polar Bear



Plains Bison