

# HISTORY & GEOGRAPHY

STUDENT BOOK

▶ **4th Grade | Unit 7**

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# HISTORY & GEOGRAPHY 407

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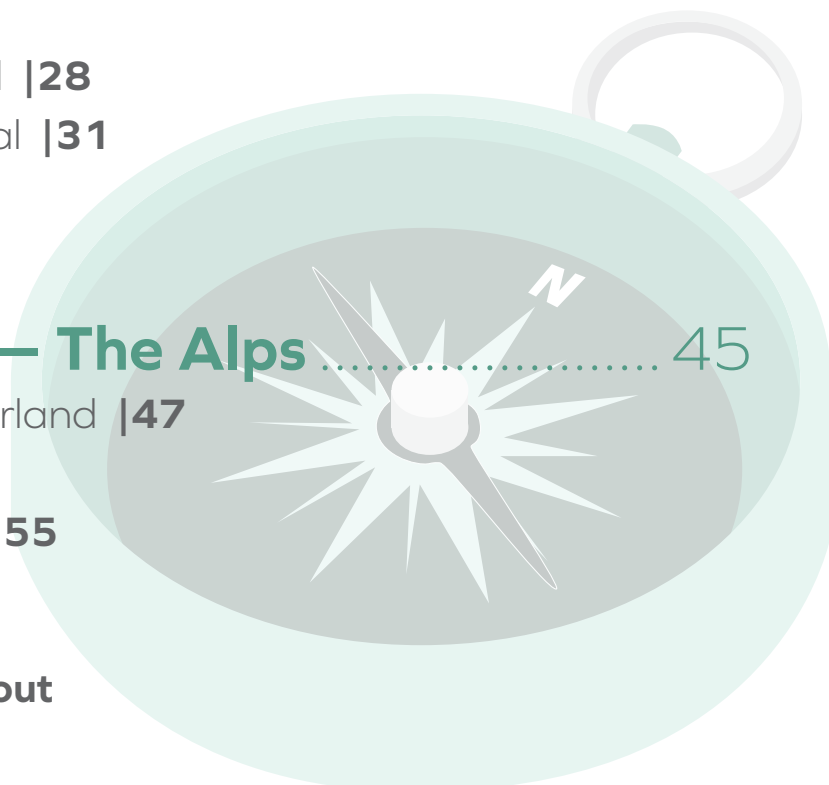
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LIFEPAC Test |Pull-out



**Author:**

Theresa K. Buskey, B.A., J.D.

**Editor:**

Alan Christopherson, M.S.

**Assistant Editor:**

Annette M. Walker, B.S.

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# MOUNTAIN COUNTRIES

In this LIFEPAC® you will learn about life high in the tallest mountains. You will learn how people have adapted to the cold and thin air of the mountains. You will study Peru in the Andes of South America, Nepal in the Himalayas of Asia, and Switzerland in the Alps of Europe. You will learn about the country, the people there, and some of their history.

## Objectives

**Read these objectives.** The objectives tell you what you will be able to do when you have successfully completed this LIFEPAC. Each section will list according to the numbers below what objectives will be met in that section. When you have finished this LIFEPAC, you should be able to:

1. Describe the basic geography of mountains.
2. Tell the location of the major mountain chains of the world.
3. Find Peru, Nepal, and Switzerland on a world map.
4. Tell the basic geography of Peru, Nepal, and Switzerland.
5. Tell the major cities, products, and languages of the three nations.
6. Tell the history of the three nations.
7. Describe the people and governments of the three nations.

# 1. PERU — THE ANDES

The Andes Mountains of South America seem to rise up out of the Pacific Ocean to block everything from reaching the continent. They are tall, dangerous mountains that once were the home of one of the greatest nations in the Americas. The Inca Empire grew to power among the Andes Mountains.

In this section, you will study the Incas and how they lived in the harsh mountains. You will also learn a little about the modern nation of Peru. But first you will learn some information about mountains all over the world.

## Objectives

**Review these objectives.** When you have completed this section, you should be able to:

1. Describe the basic geography of mountains.
2. Tell the location of the major mountain chains of the world.
3. Find Peru, Nepal, and Switzerland on a world map.
4. Tell the basic geography of Peru, Nepal, and Switzerland.
5. Tell the major cities, products, and languages of the three nations.
6. Tell the history of the three nations.
7. Describe the people and governments of the three nations.

## Vocabulary

**Study these new words.** Learning the meanings of these words is a good study habit and will improve your understanding of this LIFEPAAC.

**adapt** (ə dapt'). To change to fit different conditions, adjust.

**legend** (lej' ənd). A legend handed down from the past, which many people believed, even if it was not true.

**mortar** (môr' tər). A mixture of lime, cement, sand, and water for holding bricks or stones together.

**terrace** (ter' is). A flat, raised piece of land with straight or sloping sides. They are often made one above the other in hilly areas to create more space for raising crops.

**valley** (val' ē). Low land between hills or mountains.

**viceroy** (vīs' roi). A person who rules a country, acting as the king's representative.

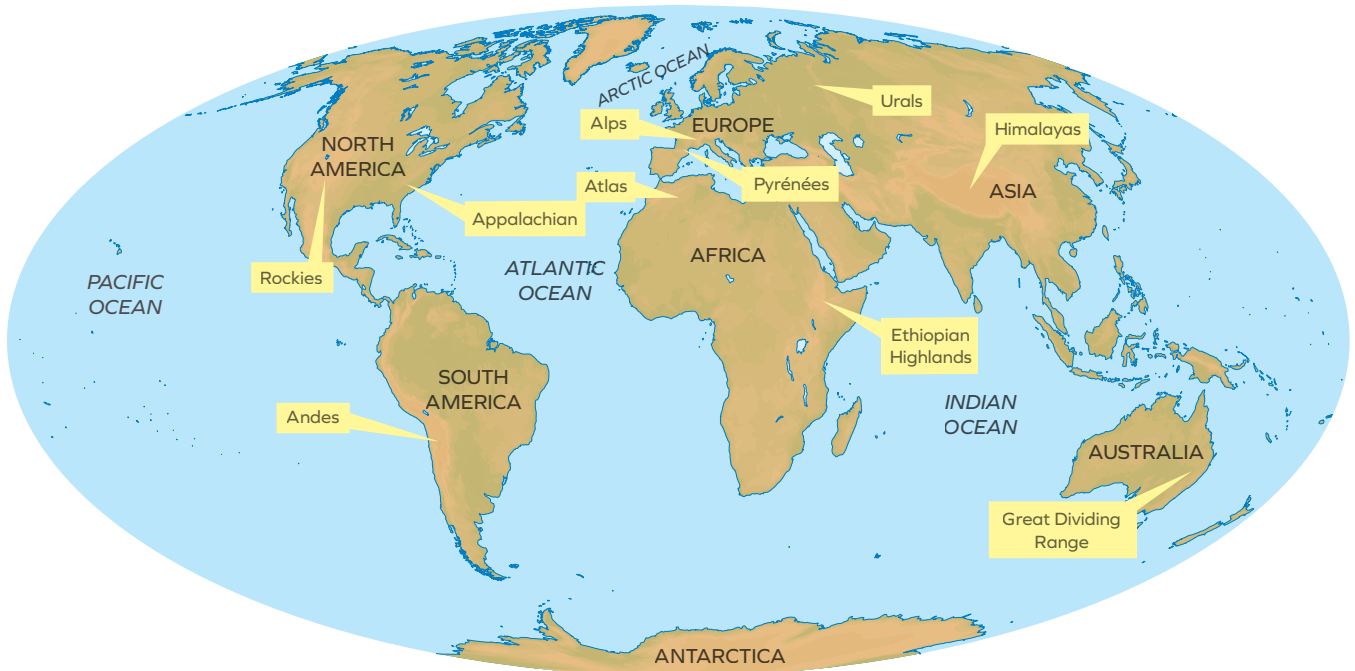
**Note:** All vocabulary words in this LIFEPAC appear in **boldface** print the first time they are used. If you are unsure of the meaning when you are reading, study the definitions given.

**Pronunciation Key:** hat, āge, cāre, fār; let, ēqual, tērm; it, īce; hot, ōpen, ôrder; oil; out; cup, pūt, rüle; child; long; thin; /ʒh/ for then; /zh/ for measure; /u/ or /ə/ represents /a/ in about, /e/ in taken, /i/ in pencil, /o/ in lemon, and /u/ in circus.



# Mountains

There are mountains on every continent and in every part of the world. Mountains are caused by two natural forces that God put in our world. Some mountains form where pieces of the surface of our earth push against each other. They push so hard that they push up, fold over, and break up to form mountains. Other mountains form when hot, liquid rock from deep inside the earth pushes up to the surface. These mountains are called volcanoes.



| World Mountain Ranges



## Map exercises.

- 1.1 Label the seven continents on the above map.
- 1.2 Circle the mountains that are closest to your home.
- 1.3 Put a square around the mountains that are on the border between Europe and Asia. (They are in Europe and Asia).



**Using the map, list the mountain ranges on each continent.**

**1.4** North America: \_\_\_\_\_

**1.5** South America: \_\_\_\_\_

**1.6** Europe: \_\_\_\_\_

**1.7** Africa: \_\_\_\_\_

**1.8** Asia: \_\_\_\_\_

**1.9** Australia: \_\_\_\_\_



**Teacher check:**

Initials \_\_\_\_\_ Date \_\_\_\_\_

Altitude, or distance up into the air, is measured by how far it is down to the surface of the ocean, called *sea level*. When someone says that Mount Aconcagua is 6,960 meters tall, they mean that the top of the mountain is 6,960 meters above sea level. If someone says they were climbing at an altitude of 3,000 feet, they mean they were climbing on a mountain 3,000 feet above sea level.

Living in the mountains is more difficult than living down closer to sea level. There is less air to breathe in the mountains. That is because there is less and less air the higher you go in altitude. When you get high enough to reach outer space, there is no air at all! People can get altitude sickness going up into the mountains if they are not careful. They have trouble breathing, get a headache, and feel sick to their stomachs from the thin air.

However, God designed our bodies so that they can change and **adapt** to the thin mountain air. In fact, the bodies of people who live in the mountains are different in some ways from those people who live near sea level. Mountain people have bigger lungs to take in more air. They have more red blood cells that carry oxygen from the air to all the parts of their bodies. They also have bigger hearts so that more oxygen-rich blood can be pumped through their bodies.



Another problem with living in the mountains is the cold. Thin air does not hold heat as well as the thicker air near sea level, so the mountains are much colder than the land below them. Another problem is that mountains are also much windier. Mountains catch the winds that blow high up in the air around our earth. The wind makes it feel even colder than it really is. We call this *wind chill*. If you live in a place where it is cold, the weather forecaster will often report the wind chill in addition to the temperature in the winter.



| Air pattern moving over mountains

One other problem in the mountains is that the thin air does not protect people from the sun. It is very easy to get a sunburn in the mountains. People who live in the mountains often have very tan skin from the sun.

As the air gets thinner going up a mountain, the climate changes. It is possible to have a hot, wet tropical rain forest at the bottom of a mountain and permanent snow and ice at the top! Usually, there is a forest of leafy trees near the bottom of the mountain. Higher up there is a second layer, a forest of pine trees which can live in colder, windier places. Above the pine trees is the tree line. The tree line is where the trees stop growing. It has become too cold and windy for them to live. Above the tree line is a third layer, tundra. This *alpine* tundra is very much like the arctic tundra in the polar regions. Above the tundra on high mountains is the snow line. From the snow line to the top of the mountain is the fourth layer, snow and ice that never melt all year.

Mountains affect the climate of the land around them, also. We have already studied how mountains block moisture from going over them. Winds blow wet air against one side of a mountain. The air gets cooler as it is pushed up the mountains. Cold air cannot hold as much water as warm air, so the water comes out of the air as rain. By the time the air gets all the way over the mountains, it is very dry. Very little rain falls on the other side of the mountains, which is called the rain shadow, and deserts often form there. Mountains very often have one side that is very wet and another that is dry.

The cool air in the mountains often causes the climate to be dry like in the Arctic and Antarctica. People, animals, and plants can still get water from streams made by the snow that melts in the short summers, so in spite of the cold, wind, and dry, thin air many kinds of life survive in the mountains.

The kinds of plants and animals that live on the mountains depend on how high up on

the mountain you go. Nothing lives above the snow line. The plants and animals of the alpine tundra are very much like those in the arctic. The plants grow quickly in the summer, very close to the ground to stay warm. Several kinds of mouse-like animals gather summer seeds and grass, then hibernate through the long winter.

Most mountain ranges have some kind of wild goats or sheep that live there. Rocky Mountain goats live on mountainsides and are incredible climbers. They seem to be able to go up straight cliff walls! Bighorn sheep also live in the Rocky Mountains. The males fight each other by butting head to head with their thick horns. In Eurasian and African mountains, a type of goat called the Ibex, is found.



| Ibex

Lower down the mountains the plants and animals are like those in cool northern forests. Below the mountains the climate and wildlife will be correct for that place on earth. It could be desert, rain forest, or plains! A trip up a mountain is like a visit to different climates stacked on top of each other.



### Complete the following.

**1.10** Altitude is measured by feet or miles above \_\_\_\_\_.

**1.11** List the four layers usually found on a mountain as you go up.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

**1.12** List four problems that make it difficult to live in the mountains.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

**1.13** The line between the forest and the alpine tundra is called the \_\_\_\_\_.

**1.14** The line between the alpine tundra and the year-round snow is called the \_\_\_\_\_.

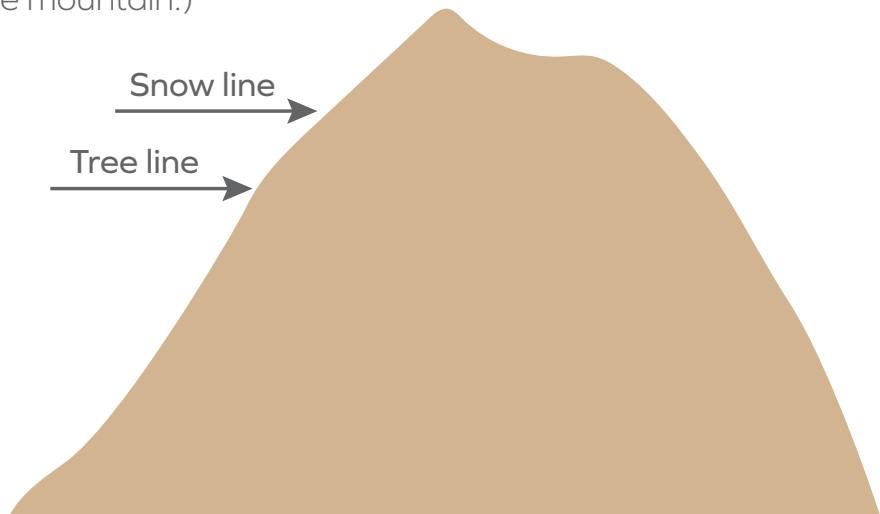
**1.15** The animals and the climate \_\_\_\_\_ as you go up or down a mountain.

**1.16** God designed people so that their bodies can \_\_\_\_\_ in thin mountain air.



**Complete this activity.**

**1.17** On this mountain show the tree and snow lines by drawing in trees and snow where they belong. (The trees will become smaller and further apart as you climb higher on the mountain.)



**Teacher check:**

Initials \_\_\_\_\_ Date \_\_\_\_\_

## The Andes and Peru

The Andes (an' dēz) Mountains are located in South America. They run all the way along the western coast of that continent. The mountain chain is about 4,500 miles (7,240 km) long. Driving the length of the Andes would be like driving from Cleveland, Ohio to Los Angeles, California and back! The highest mountain in the Andes is Mount Aconcagua in Argentina. It is 22,834 feet tall (6,960 m).

The country of Peru is in the Andes Mountains, just south of the equator. The capital is Lima (le' mə), a city on the Pacific (west) coast. This western side of the mountains is a narrow, dry plain that goes only along the coast of the Pacific Ocean. The Andes begin not far from the ocean. The plains along the coast are in the rain shadow of the Andes. Also, cold ocean water from Antarctica runs up along the coast, making the plains even drier. The area is a desert. Many rivers flow out of the mountains to the ocean. The people of Peru use the water to irrigate crops.

The mountains of central Peru are the source of the Amazon River. Melting snow in the southern part of the country forms rivers that run north through the mountain **valleys**. The Amazon flows out of Peru in the northeast into Brazil. That part of the country, on the wet eastern side of the mountains, is rainforest.

The central and southern part of the country is all mountains. The tallest is Mount Huascarán, at 22,205 feet (6,768 m) above sea level. High in those mountains on the border between Peru and Bolivia is Lake Titicaca. It is the largest lake in South America and the highest navigable lake in the world! It is 110 miles (177 km) long and about 35 miles (56 km) wide. It is 12,500 feet (3,810 m) above sea level.

The mountains provide Peru with a rich source of minerals. Copper, lead, silver, and zinc are all mined there. These minerals were one source of wealth for the mighty Indian nation that once ruled the Andes, the Inca.



| Peru and its neighboring countries.



### Complete these sentences.

- 1.18** The western part of Peru is a \_\_\_\_\_ along the coast.
- 1.19** The south and central part of Peru is \_\_\_\_\_.
- 1.20** The northeastern part of Peru is \_\_\_\_\_.
- 1.21** The Andes run along the \_\_\_\_\_ coast of South America.
- 1.22** Peru is the source of the \_\_\_\_\_ River.
- 1.23** The highest navigable lake in the world is \_\_\_\_\_ in Peru.
- 1.24** The Andes of Peru are a rich source of \_\_\_\_\_.
- 1.25** Mount \_\_\_\_\_ is the highest peak in the Andes.

## The Incas

It was in Peru that the great Incan Empire began. “Inca” means chief or king and was the name of the ruler of the empire. We also use the name Inca to talk about the people.

The Incas believed in many, many gods. They believed their king was a descendant of the sun god and was also a god himself. Their **legends** say that the first Inca was sent by the sun, his father, to Lake Titicaca. The Inca was told to take a golden staff and walk until he found a place where the staff would sink into the ground. The Inca built his home at a spot where the staff disappeared completely in the ground. The place was named Cuzco.



| Lake Titicaca is the highest navigable lake in the world.

## SELF TEST 1

Match the correct answer with the word (3 points each answer).

- |       |       |                      |    |                                       |
|-------|-------|----------------------|----|---------------------------------------|
| 1.01  | _____ | sea level            | a. | mountains of central Asia             |
| 1.02  | _____ | snow line            | b. | river whose source is in Peru         |
| 1.03  | _____ | Amazon               | c. | African mountains                     |
| 1.04  | _____ | Urals                | d. | European mountains                    |
| 1.05  | _____ | Rocky                | e. | altitude is measured from it          |
| 1.06  | _____ | Ethiopian Highlands  | f. | above this is snow all year           |
| 1.07  | _____ | Great Dividing Range | g. | Australian mountains                  |
| 1.08  | _____ | Himalayas            | h. | North American mountains              |
| 1.09  | _____ | Pyrenees             | i. | treeless slopes of the high mountains |
| 1.010 | _____ | alpine tundra        | j. | mountains that divide Europe and Asia |

Choose the correct answer from the list below (3 points each answer).

sun god	llama	vicuña	Titicaca
gold	quipu	Cuzco	chuño
terraces	Francisco Pizarro		

- 1.011 Legends say that the first ruler of the Incas was the son of the \_\_\_\_\_.
- 1.012 \_\_\_\_\_ was the man who conquered the Incas for Spain.
- 1.013 The highest navigable lake in the world is Lake \_\_\_\_\_, where legends say the first Inca appeared.
- 1.014 The Inca, and the people of Peru today, used the \_\_\_\_\_ to carry heavy loads.
- 1.015 \_\_\_\_\_ was the capital of the Inca Empire.

**Write true or false on the blank** (2 points each answer).

- 1.025** \_\_\_\_\_ The Inca Empire covered all of South America.
- 1.026** \_\_\_\_\_ The Incas fitted walls together without mortar like jigsaw puzzles.
- 1.027** \_\_\_\_\_ The mountains of Peru are rich in minerals.
- 1.028** \_\_\_\_\_ Peru has had good, dependable governments since it became independent from Spain.
- 1.029** \_\_\_\_\_ Peruvians get wool, milk, and meat from llamas.
- 1.030** \_\_\_\_\_ Only the Inca king and the nobles could wear gold.
- 1.031** \_\_\_\_\_ The people of Peru speak Spanish and Quechua.
- 1.032** \_\_\_\_\_ Potatoes are no longer an important crop in Peru.
- 1.033** \_\_\_\_\_ Peru can ship goods to the Pacific or Atlantic Ocean.
- 1.034** \_\_\_\_\_ The New Laws passed by the King of Spain to protect the Indians were never enforced.

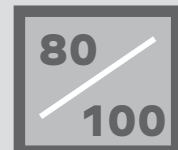


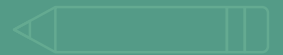
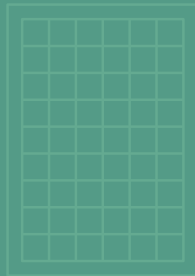
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804 N. 2nd Ave. E.  
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