The ten provinces are Alberta, British Columbia, Manitoba, New Brunswick, Newfoundland and Labrador, Nova Scotia, Ontario, Prince Edward Island, Quebec, and Saskatchewan.

The three territories are Northwest Territories, Nunavut, and Yukon.
Canada Map

- **Surrounding Counties:** USA and Greenland
- **Capital City:** Ottawa, Canada
- **Size:** 3,854,085 square miles (Similar to the size of the United States)
  - Canada is the second largest country in the world, smaller only to Russia.
Population and Currency of Canada

- **Current Population:** 35,749,600 million
- **National Language:** English (and French)
- **Currency:** Canadian Dollar
Population

Where the Wild Things Are

(Deep represents areas where no humans reside)

Population density, 2006 by Dissemination Area (DA)

Persons per km²

- > 50
- 10 to < 50
- 1 to < 10
- 0.4 to < 1
- Sparsely populated

100 km from the southern border
Population
Population and Currency of Canada

- **Ethnic/Racial Groups:**
  - 76.7% European
    - Mostly British and French
  - 14.2% Asian
  - 4.3% Aboriginal
  - 2.9% Black
  - 1.2% Latin American
  - .5% Multiracial
  - .3% Other

- **Religious Groups:**
  - 38.7% Roman Catholic
  - 28.5 Other Christian
  - 23.9% Non-Religious
  - 3.2% Islam
  - 1.5% Hinduism
  - 1.4% Sikhism
  - 1.1% Buddhism
  - 1.0% Judaism
  - .6% Other
Geography of Canada

- Vast oceans
- Thousands of islands
- More lakes and inland waters than any other country
- Longest coastline on the planet.
  - Stretches from the Pacific Ocean on the west, to the Atlantic Ocean on the east.
- Large mountains
- Prairies
- Dense forests
Geography of Canada

- The Maritime provinces on the east coast rely very heavily on the Atlantic Ocean.
  - Rely heavily on fishing and seafood as well as natural resources such as timber.
  - Prince Edward Island is also well known for its potatoes.
- Northern Canada reaches into the Arctic Circle.
  - Very little food resources due to lack of population and severe weather.
- Southern Canada stretches below the northern points of the United States.
Geography of Canada

- West-Central Canada is mostly prairie, consisting of large grain farms.
  - Large amount of fertile farmland
  - Known for oilseeds (mainly canola)
  - Produces 20% of the world’s wheat
    - Also produces barley and many other crops
  - Beef production is concentrated in this region
  - Large numbers dairy and poultry farms that produce milk, broiler chickens, turkeys and egg
Geography of Canada

• East-Central Canada are the provinces of Ontario and Quebec. These are major population and industrial areas.
  • Wide variety of manufactured goods.
  • The lower part of Ontario has very rich farm land, with many orchards.
  • This Niagara area is also known for its wine production.
Geography of Canada

- Forests, prairies, mountains and other parts of Canada are known for hunting game and other wild animals
Climate of Canada

• Canada’s climate varies wildly based on geography:
  • Permafrost in the north
  • Four distinct seasons towards the equator
  • Temperatures can range from 35 degrees Celsius (95 Fahrenheit) in the summer to -30 degrees Celsius (-22 Fahrenheit) during winter
Climate of Canada

- Northern areas of Canada are below freezing for close to 10 months a year and can be completely snow covered
  - Growing crops is difficult in this area
  - Fishing/seafood is common
  - Hunting
- Western coast tends to have a warm spring and hot summer due to the warm ocean currents
  - Crops grow well
  - Warmer oceans bring another variety of seafood
- Canada’s climate and environment are one of the main reasons that Canada is such a successful country
Culture of Canada

- Canadian culture is heavily influenced by its conquerors - the French and the British. Add these influences with the country's indigenous cultures, and you've got the distinct Canadian identity.
  - Many traditions of Canada hold true to their ancestors.
- The majority of Canadians are Christians so they often celebrate Christmas, Easter, and other Christian based holidays – but similar to the USA, there are plenty more!
- Much like the country's culture, Canadian cuisine is also very multicultural. It has been dubbed as a smorgasbord of different international cuisine with different offerings depending on the different regions of the country.
- Birthdays are celebrated but gifts not common.
Agriculture of Canada

- Major Crops:
  - WHEAT!!
  - Alfalfa
  - Barley
  - Canola
  - Flax
  - Rye
  - Oats
  - Rice

- Major Fruits:
  - Apples
  - Pears
  - Plums/prunes
  - Peaches
  - Strawberries
  - Raspberries
  - Loganberries
  - Apricots
  - Cherries
Agriculture of Canada

- Maple Syrup!
- Taste test...

https://www.youtube.com/watch?v=aenbVk5258I
Agriculture of Canada

- Hunting:
  - Elk
  - Moose
  - Wild boar
  - Caribou
  - Bison
  - Rabbit
  - Duck
  - Other birds

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Mealtime Customs of Canada

- Table etiquette is very similar to etiquette in the USA
- Table manners are relatively relaxed and informal.
  - Quebec does see a little more formality (French ancestry)
- Continental table manners are used in most of Canada.
  - When cutting food, hold your fork in your left hand and your knife in your right hand.
- Do not rest your elbows on the table.
- Keep your napkin in your lap while eating.
Mealtime Customs of Canada

- When eating with guests...
  - Do not begin eating until the hostess starts.
  - Feel free to refuse individual foods or drink without offering an explanation – this is generally acceptable.
  - Leaving a small amount at the end of the meal is generally acceptable.
  - In formal situations, the host gives the first toast. An honored guest should return the toast later in the meal.
Appetizers/Snacks

- **Canadian Bacon Wrapped Shrimp**

  Americans call it Canadian bacon, but in Canada this pork product is called “back bacon.” This savory appetizer has the perfect ratio of sweet and salty ingredients, which makes it irresistible. Made with fresh, local, Canadian shrimp daily!

  - Ingredients: Hoisin Sauce, Soy Sauce, Rice Vinegar, Brown Sugar, Shrimp, Canadian bacon

- **Asiago Toasts**

  This recipe is 100% Canadian made! Each ingredient has been carefully grown, harvested, and prepared in different areas of the country to create this cheesy, savory appetizer.

  - Ingredients: Asiago cheese, garlic, mayonnaise, oregano, parsley, French baguette
Breakfast Dishes

• **Biscuits with Maple-Apple Sauce**
  Fuel up with this hot and hearty dish for breakfast, and you’ll be primed and ready to shovel snow. It’s made with two of Canada’s favorite ingredients: maple syrup and apples.
  • Ingredients:
    • Maple-Apple Sauce: Butter, Apples, Maple Syrup
    • Biscuits: AP Flour, Baking Powder, Salt, Butter, Milk

• **Crepes (Quebec)**
  Start your day with these warm, strawberry stuffed crepes! Made from Canada’s freshest strawberries, local whipped cream, and topped with a sweet chocolate drizzle. Crepes have a rich French ancestry and are found commonly in Quebec.
  • Ingredients:
    • Crepes: AP Flour, Eggs, Milk
    • Topping: Varies
Lunch Dishes

- **Cream of Fiddlehead Soup:**
  - Fiddleheads are curly, edible shoots of fern, often consumed in many provinces seasonally across Canada. Sautéed with onions, and added to a thick, creamy soup, this dish will keep you warm over the long, cold Canadian winters.
  - Ingredients: Fiddleheads, Chicken Stock, Onion, Butter, Milk, Cream, Season to Taste

- **Lobster Mac and Cheese:**
  - This simple and hearty dish incorporates local seafood, alongside the abundance of dairy and wheat that are found throughout Canada.
  - Sauce Ingredients: Butter, Onions, Flour, Milk, Lemongrass, Whipping Cream, Salt/Pepper, Parmesan Cheese, Gruyere Cheese
  - Ingredients: Macaroni Noodles, Lobster, Canola Oil, Truffles

http://www.fiddleheads.ca/shop/recipes.htm

http://www.foodnetwork.ca/recipe/lobster-mac-and-cheese/12354/
Dinner Dishes

- **Caribou Steak and Potatoes:**
- No one likes to think of Rudolph the Red-Nosed Reindeer as dinner, but game meat is abundant in Canada and can be found in butchers, restaurants and homes across the country. This Caribou recipe is a must have with a side of Canadian potatoes.
  - Ingredients: Caribou Sirloin, Canola Oil, Honey, Red Wine Vinegar, Soy Sauce, Garlic Powder, Ground Ginger, Salt, Pepper, Potatoes

- **Seafood Platter:**
- With an abundance of coastline, seafood is a common mealtime dish throughout Canada. Mix and match a variety of seafood to make your own signature dish!
  - Ingredients: Oysters, Clams, Lobster, Jumbo Shrimp, Blue Claw Crab, Lemons, Mustard Sauce (Mayonnaise, Dijon Mustard, Whole-Grain Mustard, Salt), Mignonette Sauce (Shallots, Champagne Vinegar, Sugar, Pepper, Fresh Herbs)
Dessert Dishes

- **Beaver Tails**
  - This famous trademarked treat is made by many Canadian pastry chefs! These fried dough treats are shaped to resemble beaver tails, native to many Canadian provinces, are often topped in chocolate and fruit! Try one of these tasty treats today!
  - Ingredients: Warm Water, Yeast, Sugar, Warm Milk, Salt, Vanilla, Eggs, Oil, Flour, Cinnamon, Chocolate, Fresh Fruit

- **Butter Tarts**
  - A butter tart is a classic Canadian dessert made with butter, sugar, syrup and eggs - filled in a buttery (yes, more grease) pastry shell, and often includes either raisins or nuts. They can be runny or firm - so it's hard to mess them up when you're baking.
  - Ingredients: AP Flour, Shortening, Salt, Ice Water, Brown Sugar, Eggs, Butter, Vanilla, Hot Water, Flaked Coconut, Chopped Walnuts, Raisins
- http://www.xe.com/currency/cad-canadian-dollar
- http://yourcanada.ca/climate/
- http://www.wildgamemeats.com/wild-game/
- https://en.wikipedia.org/wiki/Agriculture_in_Canada#Crops
- http://farmingequipmentcanada.com/