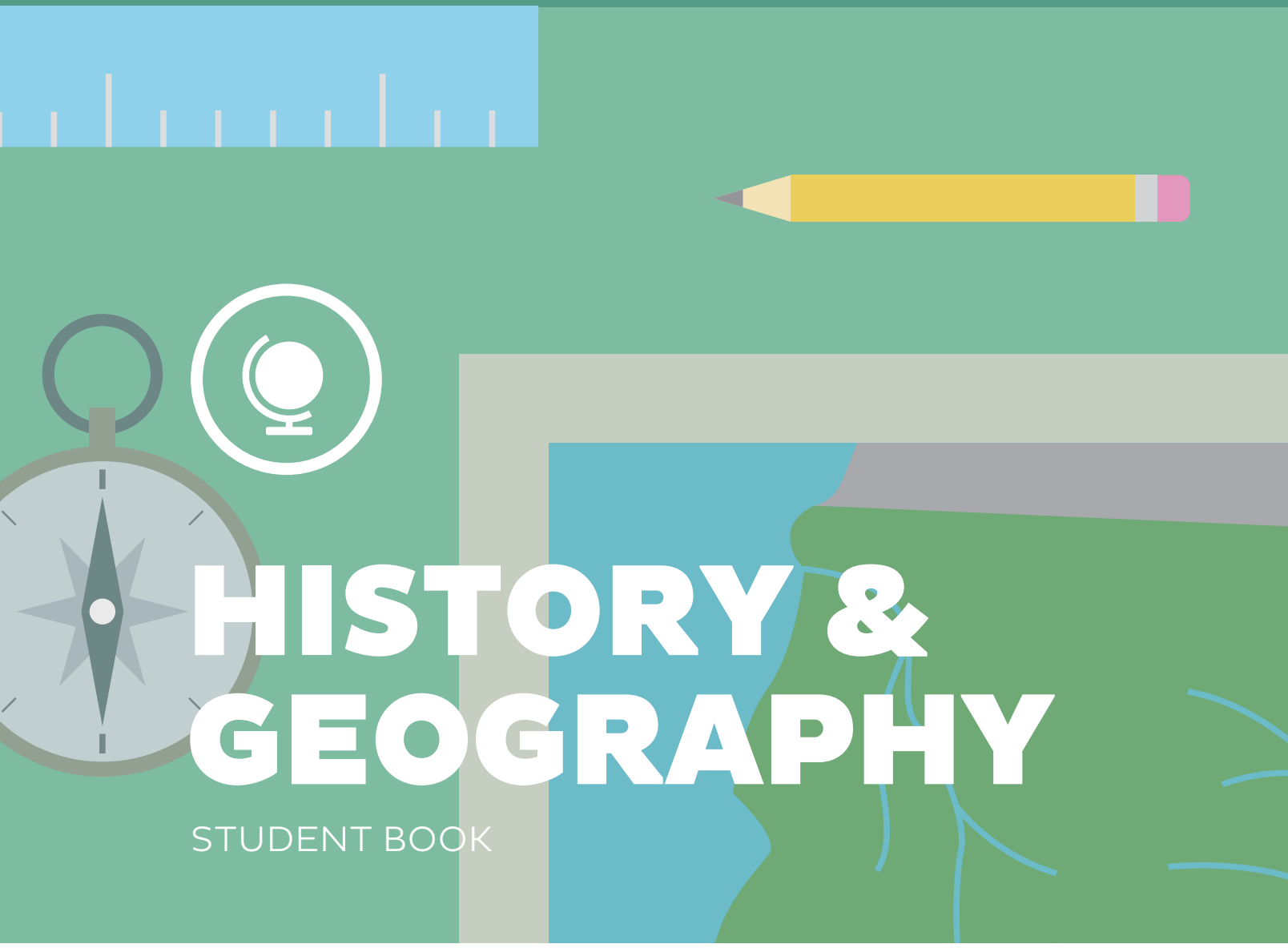
LIFEPAC®



HISTORY & GEOGRAPHY

STUDENT BOOK

4th Grade | Unit 7

Alpha Omega
PUBLICATIONS

HISTORY & GEOGRAPHY 407

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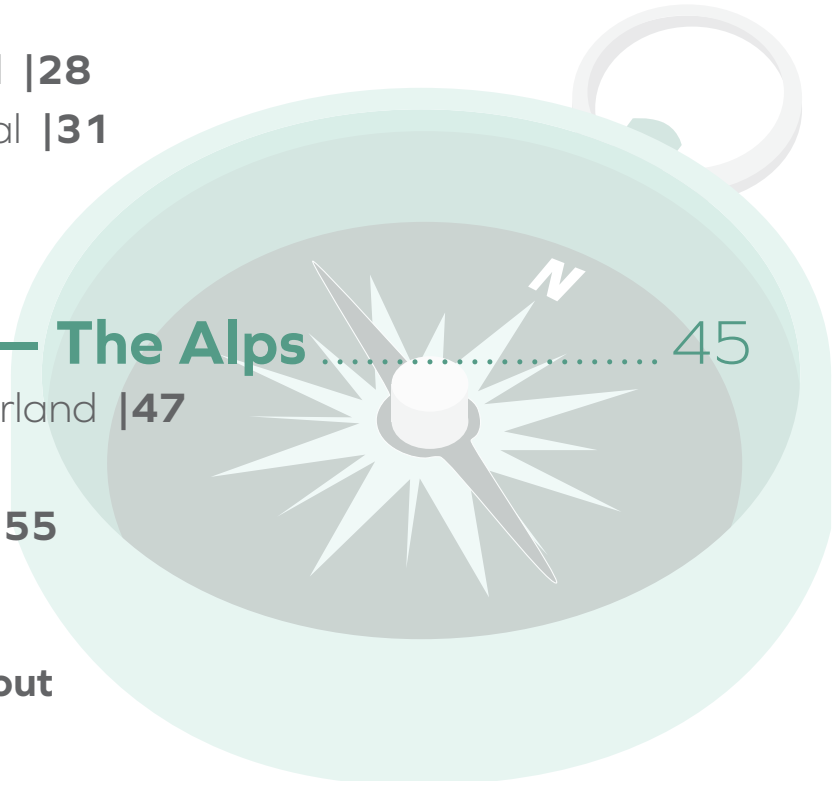
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LIFEPAC Test |**Pull-out**



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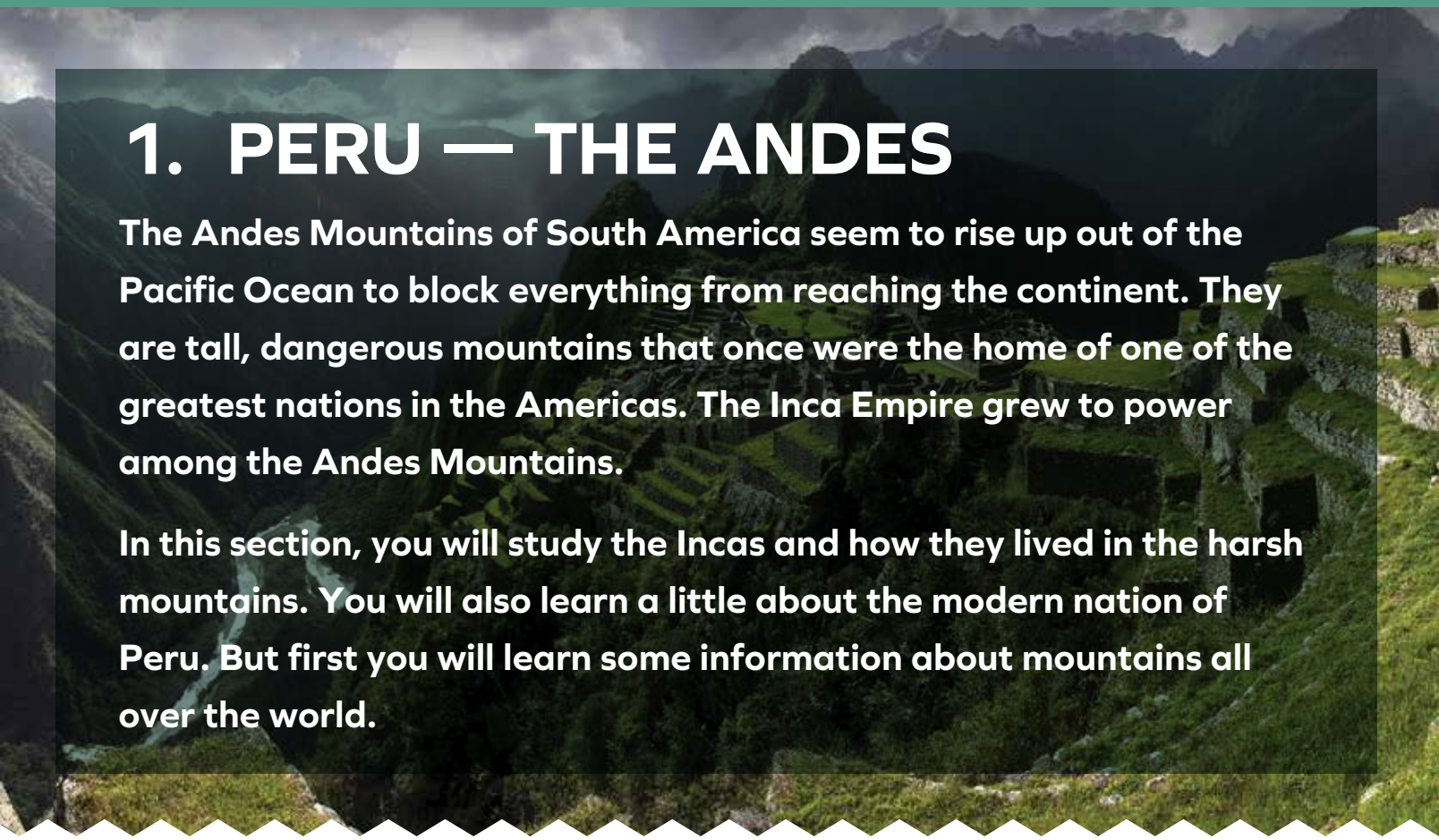
MOUNTAIN COUNTRIES

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 LIFEPAC.

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.

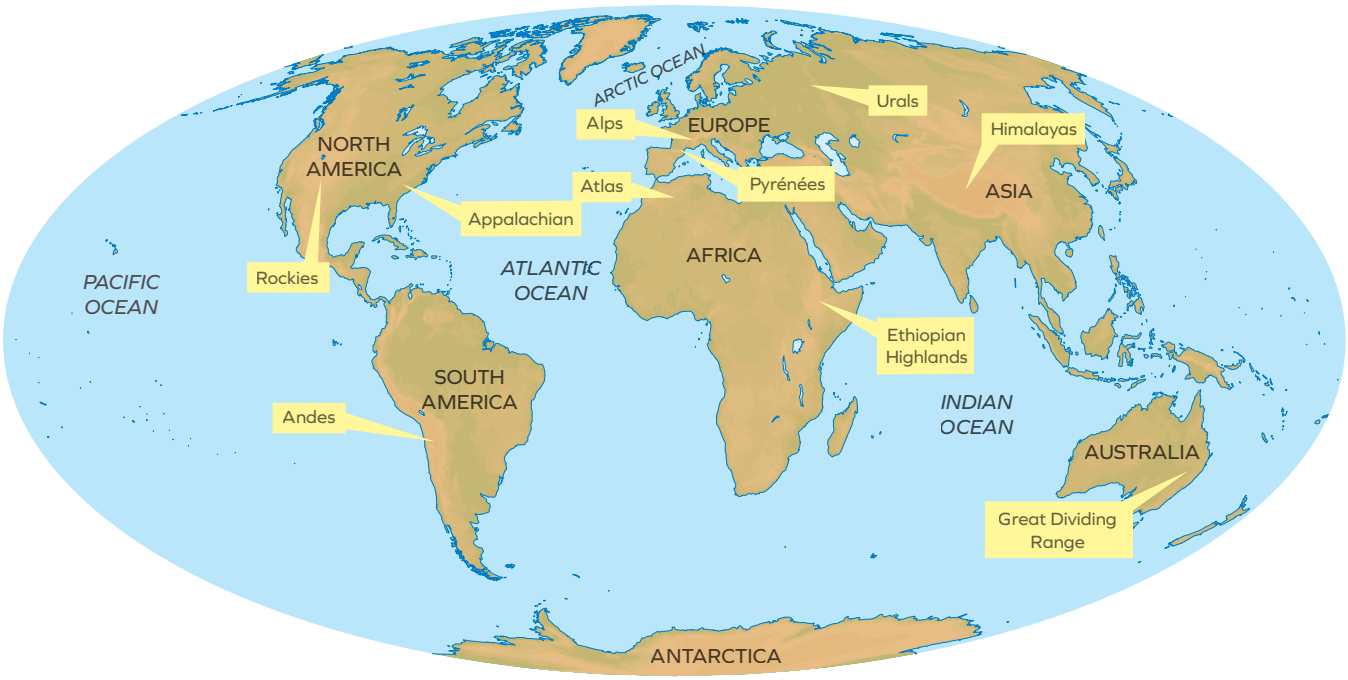
Note: *All vocabulary words in this LIFEPAC appear in* **boldface** *print the first time they are used. If you are unsure of the meaning when you are reading, study the definitions given.*

Pronunciation Key: h**a**t, **ā**ge, c**ă**re, f**ä**r; l**e**t, **ē**qual, t**ėr**m; **i**t, **ī**ce; h**o**t, **ō**pen, **ô**rder; **oi**l; **ou**t; c**u**p, p**u̇**t, r**ü**le; **ch**ild; lo**ng**; **th**in; /ŦH/ for **th**en; /zh/ for mea**s**ure; /u/ or /ə/ represents /a/ in **a**bout, /e/ in tak**e**n, /i/ in penc**i**l, /o/ in lem**o**n, and /u/ in circ**u**s.



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: _____



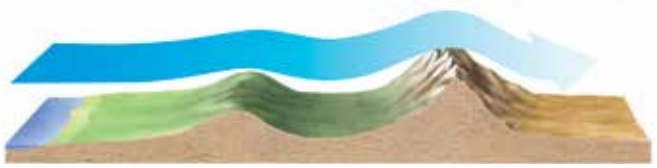
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Altitude, or distance up into the air, is measured by how far it is down to the surface of the ocean, called *sea level*. When someone says that Mount Aconcagua is 6,960 meters tall, they mean that the top of the mountain is 6,960 meters above sea 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.



| Air pattern moving over mountains

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.

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 _____ .

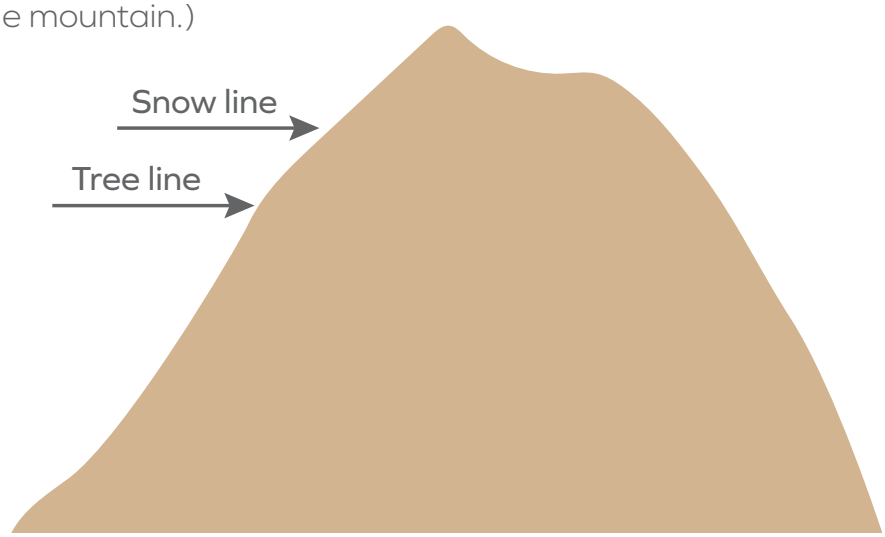
1.15 The animals and the climate _____ as you go up or down a mountain.

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.



| Peru and its neighboring countries.

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.

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.

What we know happened is that the Incas settled in a rich mountain valley north of Lake Titicaca about 1,100 years after the birth of Jesus. There they started the city of Cuzco (küz' kō) which became their capital. Around A.D. 1438, the Incas began to fight and conquer the other people who lived around them. When they were finished, they had an empire that went from southern Columbia to central Chile, all of it in the Andes Mountains.

The Incas never invented writing. They kept all of their records on knotted strings called *quipu* (kē' pu). The sons of nobles learned in school to make records on quipu and how to read them.

All the land in the empire belonged to the king. The people only kept one-third of the food they grew. One-third went to the king, and another third went to the priests to serve the many gods. The king used his third to feed the army, the craftsmen, and anyone too ill or old to work. The people also had to work for the king so many days out of every year. The Incas used this "work tax" to build their cities and roads.

The Incas had to use all the land they could find to grow food for their huge empire. They used the work tax to build **terraces** to make level farmland on the sides of the



| Terrace farming

mountains. They made the mountains look like giant stairways! They built canals to bring water to these farms.

In the valleys, bananas, oranges, and pineapples could be grown. The terraces on the lower parts of the mountains could be used to grow corn and beans. The terraces high up could grow potatoes and *quinoa* (ken' wä), a strong grain plant. The people of the Andes learned to make the potatoes into *chuño* (chü' nyo). Chuño is made by freezing the potatoes, mashing them, and then drying them in the sun. It will last for months without spoiling.



| Inca royalty

The Incas were skillful builders. They carved huge rocks by hand into blocks that fit together perfectly. They did not use **mortar** to keep the blocks together. Instead, they fit the stones together like the parts of a giant jigsaw puzzle. The stones were fitted so perfectly that not even a blade of grass can be pushed into the cracks. The Incas did such a good job that many of their walls are still standing today, even after many earthquakes!

The Incas also built roads all through their empire. The roads were paved with stone. They had to cross over deep, dangerous rivers in the mountains. The Incas built rope bridges over these rivers. The village nearest the bridge had to take care of it. About once a year, the villagers would weave new ropes and put up a new bridge.

The Incas used relay runners to send messages and small packages along their roads. All along the roads were small houses where runners waited. Messages were handed off from one runner to the next. The new runner would carry the message as fast as he could to the next house, where another runner would take it. The runners worked so quickly that the king could have fish run in from the Pacific Ocean for his dinner in Cuzco, halfway across the country!



Match these items.

1.26 _____ Inca

1.27 _____ quipu

1.28 _____ Cuzco

1.29 _____ Titicaca

1.30 _____ terraces

a. lake where legends say the first Inca appeared

b. means king or chief

c. a collection of knotted strings used to keep records

d. used to grow food on mountainsides

e. capital of the empire



Answer these questions.

1.31 How was the food grown by the Incas divided?

_____

_____

_____

1.32 How did the Incas send messages across their empire?

_____

1.33 Where did the Incas get workers to build their roads and cities?

_____

_____

1.34 What was remarkable about the way the Incas built a wall? _____

_____

_____



| Alpacas

The Incas did not have carts or horses. They used llamas (lä'məs) as pack animals to carry heavy loads through their empire. The llama is related to the camel, but it lives at high altitudes in the Andes. Llamas have thick wool coats and can go without water for several days. They are very surefooted and can carry about 200 pounds (91 kg), but they do not carry people. The Incas made good use of the llamas, as do Peruvian people today. Female llamas produce milk, and llama meat is good to eat. Llamas produce wool that is spun into thread. Peruvian women today still spin the wool into thread, using a hand spindle as they walk or sit. The thread is woven into bright-colored cloth.

The alpaca (al pak' ə) and the vicuña (vi kün' yə) are related to the llama. They are smaller and not used as pack animals. The alpaca has finer wool that makes nicer cloth than llama wool does, but the best cloth of all comes from the wool of the vicuña. They are wild animals that must be trapped or killed to get their wool. Only the king and his family wore vicuña wool clothes in the time of the Incas.

The Inca nobles and the king lived in beautiful stone palaces with gardens. They often had running water brought in by copper pipes. The houses were decorated with many valuable things, some made of gold and silver. The Andes Mountains are rich in gold and silver. The Incas believed that gold was the sweat of the sun and silver the tears of the moon, and both were considered holy. Only the king and the nobles could wear gold. The Incas made beautiful jewelry, cups, plates, ornaments, and other objects of gold for their rulers.

The gold and silver attracted the Spanish, who came to the New World after Columbus. Some greedy men led by Francisco Pizzaro met the Incas in 1532. The Incas had heard about these bearded white men and were curious to meet them. Pizzaro kidnapped the Inca king and demanded gold and silver to free him. The king filled a room as high as he could reach once with gold and twice with silver, but he was killed anyway by the cruel Spaniards. Pizzaro then went on to conquer the Inca empire. The Incas had never seen horses or cannons and did not know how to fight them. A few of the people fought for years from cities higher in the mountains. The last Inca king was killed by the Spanish in 1572.



| Pizzaro and a room full of gold.

Complete these sentences.

1.35 The Incas used _____ as pack animals.

1.36 Incas, and Peruvians today, weave cloth from the wool of _____ , _____ , and _____ .

1.37 Only the royal family could wear clothes made from the wool of the _____ .

1.38 The Inca made many beautiful ornaments and objects made of _____ and _____ .

1.39 _____ kidnapped and killed the Inca king before he conquered the empire.

Modern Peru



| Machu Picchu is an Incan village that Pizzaro missed in looting Peru of gold and silver and today is a very popular tourist destination.

The Spanish ruled Peru for almost 300 years. The minerals there made it a very important colony. The riches went to Spain and to the Spanish people who moved to Peru. The Indians, descendants of the Incas, were forced to do all the work and were paid very little. They were often forced to work as slaves.

Catholic priests reported back to the king in Spain about the cruel treatment of the Indians. The government officials in Spain were very angry when they heard about this. In 1542 the King of Spain signed a group of laws called the New Laws. These laws required the Spanish people in Peru to leave the Indians alone, but the new rulers of Peru did not want to obey the laws. They formed an army and killed the king's **viceroy** when he tried to enforce the laws. The next viceroy did not try to enforce the laws, but allowed the Spanish people to do what they wanted with the Indians.

Peru became independent of Spain in 1821, after José de San Martin of Argentina and Simón Bolívar of Venezuela led a revolt against all the Spanish rulers in South America.

Peru has been a *republic* (a country which elects its leaders) since it gained independence, but usually the president and leaders were very rich men who were of Spanish blood. Many times the military has taken control of the government and set up a dictator.

In 1990 the elected president, Alberto Fujimori, threw out the Congress and gave himself great powers. Later, he made a new constitution and again allowed a Congress to be re-elected, but Peru has never had good, dependable government like the United States.

President Fujimori was replaced in 2001 by Alejandro Toledo. Alan Garcia Pérez became president in 2006 and in 2011 Ollanta Humala became president.

Today, potatoes are still one of the most important food crops for the people of Peru. Other important food crops are corn and beans. They are often grown on the terrace farms that the Inca built. Fishing is an important industry. Fish are caught in the Pacific Ocean as well as Lake Titicaca. Peru is an important producer of fish meal.



| Woman wearing traditional clothes

Peru is trying to improve its government and businesses. It trades with many countries in the world. Its most important trading partners are the United States, Japan, Germany, and Brazil. Peru can send goods all the way down the Amazon River to the Atlantic Ocean as well as from its own ports on the Pacific. Peru has built many roads and railroads into the mountains to bring in goods and people. The Central Railroad climbs to 15,800 feet (4,815 m) as it goes through the mountains. That makes it the highest regular railroad in the world. However, the easiest way to travel to the cities of Peru is by airplane.



| Peruvian flag.

The people of Peru speak Spanish and Quechua (kech' wə), the Inca language. About half of the people live in the *sierra*, as the mountains are called. Most of the people belong to the Roman Catholic Church, which was brought to Peru by the Spanish. Most of the wealthier people are of Spanish descent, while the Indians and people of mixed blood are usually poorer. Because of this, the poor people do not trust the government or the wealthy business owners. They feel they have no chance to succeed. It is difficult for a government to do a good job when the people do not trust each other. Peru's government must earn the trust of the people and give the poor the chances they need to succeed.



Write *true* or *false* on the blank.

1.40 _____ The New Laws stopped the cruel treatment of the Indians.

1.41 _____ Peru has always had good, dependable government.

1.42 _____ The mountain part of Peru is called the *sierra*.

1.43 _____ Peru can send out goods on ships only on the Pacific Ocean.

1.44 _____ The people of Peru speak Portuguese.

1.45 _____ Most of the rich people in Peru are the Indians, descendants of the Incas.

1.46 _____ Peru became independent from Spain in 1821.

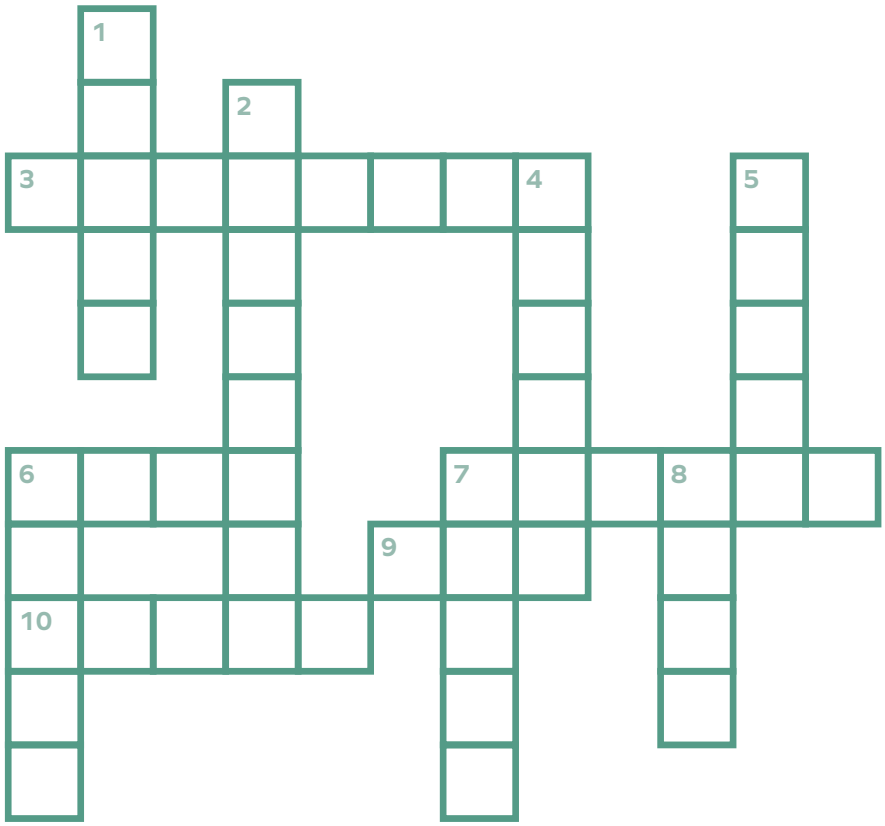
1.47 _____ José de San Martin and Simón Bolívar led the revolt that gave Peru independence.

1.48 _____ The Central Railroad in Peru is the highest regular railroad in the world.

1.49 _____ Farmers still grow potatoes on the Inca terrace farms

Complete the puzzle.

1.50 Read the clues and write the words in the puzzle.



Across

3. The highest navigable lake in the world
6. The capital of Peru
7. _____ pipes brought water to Inca palaces
9. In legend, the first Inca's father was the _____ god
10. The mountains of Peru

Down

1. The way Incas kept records
2. Easiest way to travel to the cities of Peru
4. The great river that flows out of north-eastern Peru
5. An animal the Incas had never seen before the Spanish came.
6. The work animal of the Andes
7. The Incan capital city
8. The country we are studying

Review the material in this section to prepare for the Self Test. The Self Test will check your understanding of this section. Any items you miss on this test will show you what areas you will need to restudy in order to prepare for the unit test.

SELF TEST 1

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

1.01	_____	sea level
1.02	_____	snow line
1.03	_____	Amazon
1.04	_____	Urals
1.05	_____	Rocky
1.06	_____	Ethiopian Highlands
1.07	_____	Great Dividing Range
1.08	_____	Himalayas
1.09	_____	Pyrenees
1.010	_____	alpine tundra

a. mountains of central Asia
b. river whose source is in Peru
c. African mountains
d. European mountains
e. altitude is measured from it
f. above this is snow all year
g. Australian mountains
h. North American mountains
i. treeless slopes of the high mountains
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 Pizzaro		

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.

1.016 The Spanish were greedy to get the Inca _____ , "the sweat of the sun."

1.017 Incas used knotted ropes, called _____ , to keep records.

1.018 Only the Inca and the royal family could wear clothes made from the fine wool of the _____ .

1.019 The Inca built _____ , which are still used today, to farm the sides of the mountains.

1.020 Potatoes could be frozen, mashed, and dried into _____ , which would last for months without spoiling.

Answer these questions.

1.021 What are the problems people have living in the mountains? (2 points each answer)

a. _____

b. _____

c. _____

d. _____

1.022 What happens to the climate, animals, and plants as you go up a mountain? (3 points) What is usually near the bottom? (1 point) What is usually at the top? (1 point)

a. _____

b. _____

c. _____

1.023 On what continent and on what part of that continent would you find the Andes Mountains? (4 points)

_____

1.024 What did the Incas use the work tax for? (3 points)

_____

_____

_____

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.

Teacher check: Initials _____

Score _____ Date _____

80/100



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