



# Canada

Maple syrup and mountains, hockey and lighthouses: the second-largest country on Earth, stretching from the Atlantic to the Pacific and up to the Arctic.

## AT A GLANCE

## Facts to know

### CAPITAL

Ottawa

### POPULATION

About 42 million (Statistics Canada estimate for 1 July 2026: 41.8 million)

### OFFICIAL LANGUAGE

English and French, equal in status at the federal level (Official Languages Act, 1969). Quebec's official language is French, New Brunswick is officially bilingual, and Nunavut and the Northwest Territories also give official status to Indigenous languages

### CURRENCY

Canadian dollar (CAD), divided into 100 cents

### AREA

About 9.98 million km<sup>2</sup>, the second-largest country in the world after Russia

### GOVERNMENT

Federal parliamentary democracy and constitutional monarchy of ten provinces and three territories. As of 2026 the monarch is King Charles III, represented in Canada by the Governor General

### HIGHEST MOUNTAIN

Mount Logan in Yukon, 5,959 m, the second-highest peak in North America after Denali

### LONGEST RIVER

The Mackenzie, 1,738 km, which flows north into the Arctic Ocean. With the rivers that feed it (the Slave, Peace and Finlay) it forms Canada's longest river system, about 4,241 km

#### NEIGHBOURS

The United States by land, along a border of 8,891 km including Alaska. Denmark: a 2022 agreement divided tiny Hans Island, between Canada's Ellesmere Island and Greenland, so Canada now shares a land border of about 1.3 km with Greenland. France: the French islands of Saint Pierre and Miquelon lie about 19 km off Newfoundland

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#### CALLING CODE

+1 (shared with the United States and several Caribbean countries)

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#### DRIVES ON THE

Right

# A 45-minute trip to Canada

Everything you need is in this pack. No preparation beyond printing. Adapt the timing to your group.

- |                     |                                                                                                                                                                                                                   |
|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>0 to 5 min</b>   | Welcome. Show the map page and find Canada together. Ask: who has been there, or knows someone from there?                                                                                                        |
| <b>5 to 15 min</b>  | Read the facts at a glance, then three moments from the story: 1021: Vikings at L'Anse aux Meadows; 1885: The last spike of the railway; 2015: The Truth and Reconciliation Commission reports.                   |
| <b>15 to 25 min</b> | At the table: talk about Poutine and Tourtière. Idea: bring a small taste (bread, cheese, fruit, tea) if your kitchen can help.                                                                                   |
| <b>25 to 30 min</b> | Say it like a local: practise "Bonjour" (Hello, good morning, good day), "Bonsoir" (Good evening), "Salut!" (Hi, or bye (informal)). Everyone says them together.                                                 |
| <b>30 to 40 min</b> | Quiz: read the questions aloud, or play the big-screen version at <a href="https://preview.worldstroll.com/countries/canada/group">https://preview.worldstroll.com/countries/canada/group</a> . No scores needed. |
| <b>40 to 45 min</b> | Talk about it (questions page), then stamp or sign everyone's passport page.                                                                                                                                      |

## You will need

- This printed pack (one per table, or one each)
- Pens for the quiz
- Optional: a world map or globe, a small tasting, music from the country

# Canada and its cities



- Ottawa (Ontario): Parliament Hill and the Peace Tower, Skating on the Rideau Canal in winter, National museums and galleries
- Toronto (Ontario): The CN Tower, St. Lawrence Market and peameal bacon sandwiches, Neighbourhoods from Chinatown to Little Italy
- Montreal (Quebec): Old Montreal and Notre-Dame Basilica, Bagels and smoked meat, Festivals, including a famous jazz festival
- Quebec City (Quebec): The Château Frontenac hotel, The city walls and narrow old streets, The Winter Carnival
- Halifax (Nova Scotia): The harbourfront boardwalk, The Canadian Museum of Immigration at Pier 21, Titanic exhibits at the Maritime Museum of the Atlantic
- St. John's (Newfoundland and Labrador): Signal Hill and Cabot Tower, 'Jelly Bean Row' of colourful houses, Fog: it is the foggiest of Canada's major cities
- Winnipeg (Manitoba): The Forks, a meeting place for 6,000 years, The Canadian Museum for Human Rights, A bear named Winnipeg, who inspired the name of Winnie-the-Pooh
- Calgary (Alberta): The Calgary Stampede rodeo every July, Easy trips to Banff and the Rocky Mountains, Warm chinook winds in winter
- Edmonton (Alberta): West Edmonton Mall, Canada's largest mall, Parks along the river valley, Festivals all year, giving it the nickname 'Canada's Festival City'

- Vancouver (British Columbia): Stanley Park and the seawall, Granville Island, The 2010 Winter Olympics
- Victoria (British Columbia): The Parliament Buildings and the Empress Hotel on the harbour, Butchart Gardens nearby, The second-oldest Chinatown in North America
- Niagara Falls (Ontario): Views of the Horseshoe Falls, Boat trips into the spray below the falls, Clifton Hill's museums and amusements

# A short history of Canada

People have lived in what is now Canada for thousands of years: First Nations across the forests, plains and Pacific coast, and the Inuit in the Arctic. Europeans arrived first as Norse sailors, then as fishermen, explorers and fur traders. New France and British colonies fought over the land, and in 1867 Canada was born as a self-governing country. Step by step it took full control of its own affairs, and it is still working through the harder parts of its past, especially the treatment of Indigenous peoples.

## **1021**      **Vikings at L'Anse aux Meadows**

Norse sailors from Greenland built a small camp at L'Anse aux Meadows, at the northern tip of Newfoundland. Tree rings in wood they cut show they were there in the year 1021, almost 500 years before Columbus crossed the Atlantic. It is the only undisputed Norse site in the Americas outside Greenland, and a UNESCO World Heritage Site since 1978.

## **1497**      **John Cabot reaches the coast**

The Italian navigator Giovanni Caboto, known in English as John Cabot, sailed from Bristol in the small ship Matthew for King Henry VII of England and sighted land on 24 June 1497. Nobody knows exactly where he landed. For the 500th anniversary, Canada and Britain chose Cape Bonavista in Newfoundland as the official landing place.

## **1534**      **Jacques Cartier claims Gaspé for France**

The French explorer Jacques Cartier claimed the Gaspé Peninsula for France in 1534 and sailed up the St. Lawrence River the next year. Iroquoian people near today's Quebec City used the word *kanata*, meaning 'village', and Cartier began to use 'Canada' for the whole region. That is where the country's name comes from.

## **1608**      **Champlain founds Quebec**

On 3 July 1608, Samuel de Champlain founded a settlement at Quebec, where the St. Lawrence River narrows, on the site of the abandoned Iroquoian village of Stadacona. It became the capital of New France, and Champlain is remembered as the 'Father of New France'.

**1670**

### **The Hudson's Bay Company is founded**

On 2 May 1670, King Charles II of England gave the Hudson's Bay Company a charter to trade in all the lands draining into Hudson Bay, a huge area called Rupert's Land. For two centuries it traded European goods with First Nations for furs, especially beaver. It agreed in 1869 to give up Rupert's Land, which passed to Canada in 1870. In 2025, after 355 years, the company went out of business and closed all its stores.

**1759**

### **The Battle of the Plains of Abraham**

On 13 September 1759, during the Seven Years' War, a British army under General James Wolfe defeated the French under the Marquis de Montcalm just outside Quebec City, in a battle that lasted about an hour. Both commanders died of their wounds. With the Treaty of Paris in 1763, France gave up Canada to Britain, keeping only the small islands of Saint Pierre and Miquelon nearby.

**1867**

### **Confederation**

On 1 July 1867, the Province of Canada, which was split into Ontario and Quebec, joined Nova Scotia and New Brunswick to form one self-governing Dominion under the name of Canada. The law that created it, the British North America Act, is now called the Constitution Act, 1867. Every 1 July is celebrated as Canada Day.

**1870**

### **Manitoba joins Confederation**

When Canada took over Rupert's Land without asking the people who lived there, the Métis of the Red River settlement, led by Louis Riel, set up a provisional government. This became known as the Red River Resistance. Negotiations led to the Manitoba Act, and on 15 July 1870 Manitoba became Canada's fifth province.

**1885**

### **The last spike of the railway**

On 7 November 1885 at Craigellachie, British Columbia, the financier Donald Smith drove the last spike of the Canadian Pacific Railway. It completed Canada's first railway from coast to coast, which had been promised to British Columbia when it joined Canada in 1871.

**1917**

### **The Battle of Vimy Ridge**

From 9 to 12 April 1917, during the First World War, the Canadian Corps captured Vimy Ridge in northern France. It was the first time all four Canadian divisions fought together. About 3,600 Canadians were killed, and the battle became a lasting symbol of national pride.

## **1949**      **Newfoundland joins Canada**

Newfoundland had been a separate British dominion. After two referendums in 1948, it joined Canada on 31 March 1949 as the tenth and most recent province. In 2001 its name was changed to Newfoundland and Labrador.

## **1965**      **The maple leaf flag is raised**

On 15 February 1965, the new red and white flag with an 11-pointed maple leaf was raised for the first time in a ceremony on Parliament Hill in Ottawa. Since 1996, 15 February has been marked as National Flag of Canada Day.

## **1982**      **The Constitution is brought home**

On 17 April 1982, Queen Elizabeth II signed the proclamation of the Constitution Act, 1982. From then on Canada could change its own constitution without the British Parliament, a step known as patriation, and the Canadian Charter of Rights and Freedoms became law. The Government of Quebec has never formally approved the act, although the Supreme Court ruled that its approval was not legally needed.

## **1995**      **The second Quebec referendum**

In 1980, Quebec voters had turned down a mandate to negotiate 'sovereignty-association', by 59.6 percent to 40.4 percent. On 30 October 1995 a second referendum, on sovereignty with an offer of partnership to Canada, was much closer: 50.6 percent voted No and 49.4 percent voted Yes, with a record turnout of about 93.5 percent. Quebec remains a province of Canada.

## **1999**      **Nunavut is created**

On 1 April 1999, Nunavut, which means 'our land' in Inuktitut, was separated from the Northwest Territories. It was created under a land claims agreement with the Inuit, who make up most of its people, so that they could govern their own homeland. It is the largest and most northern territory, and its capital is Iqaluit.

## **2015**      **The Truth and Reconciliation Commission reports**

Over more than a century, about 150,000 First Nations, Inuit and Métis children were placed in residential schools, funded by the federal government and mostly run by churches, which aimed to cut them off from their families, languages and cultures. Many children suffered abuse, and thousands died, mostly of disease. The last federally funded



school closed in 1997. The government apologised in 2008, and in 2015 the Truth and Reconciliation Commission concluded that the system was a cultural genocide and published 94 Calls to Action.

# What people eat in Canada

Canadians usually eat three meals: breakfast, a light lunch at midday and a bigger meal in the evening, often called supper. In Quebec the words are different: le déjeuner is breakfast, le dîner is lunch and le souper is the evening meal. Canadian food mixes French, British and Irish home cooking with Indigenous foods such as wild berries and bannock, and with the dishes of newer arrivals, from Jewish delis in Montreal to Greek and Lebanese cooks in Halifax. Every region has its favourite: poutine and tourtière in Quebec, butter tarts in Ontario, Nanaimo bars in British Columbia and salt beef dinners in Newfoundland. In spring, families in Quebec and Ontario visit sugar shacks to eat maple syrup straight from the sap.

## Poutine

Rural Quebec (Centre-du-Québec), late 1950s

Hot French fries topped with fresh cheese curds and a light brown gravy. The hot gravy softens the curds without fully melting them, so they stay a little chewy and squeak against your teeth.

## Tourtière

Quebec

A double-crust meat pie filled with finely minced pork, often mixed with beef or veal, onion and gently warm spices such as cinnamon and cloves. In the Saguenay and Lac-Saint-Jean region it is a deep pie of cubed meats and potatoes, cooked slowly for hours.

## Quebec yellow pea soup (Soupe aux pois)

Quebec

A thick, golden soup of whole yellow peas simmered for hours with salt pork and herbs. The pork is either chopped and stirred back in or served on the side in thin slices.

## Maple taffy on snow (Tire d'érable sur la neige)

Quebec, Eastern Ontario and New Brunswick

Maple syrup boiled to about 112 °C, then poured in lines onto clean snow or crushed ice. It firms up in seconds into a soft, chewy toffee that you roll up on a wooden stick and eat at once.

## Montreal-style bagel

### Montreal

Smaller, thinner, sweeter and denser than a New York bagel, with a bigger hole. The dough contains malt and egg but no salt, and the bagels are boiled in honey-sweetened water, then baked in a wood-fired oven. Sesame and poppy seed are the classics.

## Montreal smoked meat sandwich

### Montreal

Beef brisket cured for about a week with spices such as cracked pepper, coriander, garlic and mustard seed, then smoked and steamed. It is sliced by hand and piled high on light rye bread with yellow mustard.

## Peameal bacon sandwich

### Toronto

Thick slices of cured boneless pork loin, rolled in yellow cornmeal and fried, served in a soft Kaiser roll, often with mustard. It is Toronto's signature sandwich.

## Butter tart

### Ontario

A small pastry shell filled with butter, brown sugar, syrup and egg, baked until the filling is set at the edges, runny in the middle and crackly on top.

## Nanaimo bar

### Nanaimo, British Columbia

A no-bake square with three layers: a base of chocolate, crumbs, coconut and nuts, a middle of sweet yellow custard-flavoured butter icing, and a top of melted chocolate.

## Saskatoon berry pie

### The Prairies

A pie of small purple saskatoon berries, which look like blueberries but have a sweet, nutty taste. It is a classic of the Prairie provinces.

## Bannock

### Indigenous communities across Canada

A simple quick bread of flour, baking powder, fat and water or milk, fried in a pan, baked, or wrapped around a stick over a campfire. It is found from the Arctic to the Pacific coast.

## Jiggs dinner

Newfoundland and the Atlantic provinces

Salt beef boiled in one big pot with potatoes, carrots, cabbage, turnip and greens. A pease pudding and a steamed pudding called figgy duff cook in the same broth. It is traditionally a Sunday meal.

## Halifax donair

Halifax area, Nova Scotia, early 1970s

Spiced ground beef cooked on a turning spit, sliced and wrapped in a soft pita with tomato and onion, then covered with a sweet, garlicky sauce made from evaporated milk and vinegar.

## Caesar

Calgary, Alberta, 1969

A savoury cocktail of vodka and Clamato, a tomato and clam juice, with hot sauce and Worcestershire sauce, served over ice in a glass rimmed with celery salt and garnished with a celery stalk and a lime wedge. It contains alcohol; a 'Virgin Caesar' is made without the vodka.

## GOOD MANNERS

# At the table

- In a sit-down restaurant, a tip of 15 to 20 percent of the bill before tax is normal. Card machines usually suggest amounts such as 15, 18 or 20 percent.
- Menu prices usually do not include sales tax. It is added to the bill at the end, so the total is higher than the prices you see.
- In Quebec, 'dîner' means lunch and 'souper' means the evening meal, so an invitation to dîner is for the middle of the day.
- Canadian Thanksgiving is on the second Monday of October. Families gather for roast turkey with stuffing and cranberry sauce, followed by pumpkin pie, and sometimes butter tarts or Nanaimo bars.
- At a Montreal smoked meat deli, the server may ask how you want your meat: lean, medium or fat.

# Poutine

Hot French fries topped with fresh cheese curds and a light brown gravy. The hot gravy softens the curds without fully melting them, so they stay a little chewy and squeak against your teeth.

## Ingredients

- 800 g oven or deep-fried French fries (homemade or frozen)
- 300 g fresh cheese curds, at room temperature (or chunks of mild mozzarella if you cannot find curds)
- 3 tablespoons butter
- 3 tablespoons plain flour
- 500 ml beef stock
- 1 tablespoon ketchup
- 1 teaspoon Worcestershire sauce
- Black pepper

## Method

1. Take the cheese curds out of the fridge about an hour before, so they are not cold.
2. Melt the butter in a saucepan, stir in the flour and cook for 2 to 3 minutes, stirring, until light brown.
3. Slowly whisk in the stock, then add the ketchup and Worcestershire sauce. Simmer for about 10 minutes until the gravy coats a spoon. Season with pepper.
4. Cook the fries until crisp and golden, following the packet or your usual method.
5. Put the hot fries in bowls, scatter the curds over them and pour the very hot gravy on top. Eat at once, with a fork.

# Tourtière

A double-crust meat pie filled with finely minced pork, often mixed with beef or veal, onion and gently warm spices such as cinnamon and cloves. In the Saguenay and Lac-Saint-Jean region it is a deep pie of cubed meats and potatoes, cooked slowly for hours.

## Ingredients

- Pastry for a double-crust pie, 23 cm
- 700 g minced pork (or half pork, half beef)
- 1 large onion, finely chopped
- 1 garlic clove, crushed
- 1 medium potato, peeled, boiled and mashed
- 250 ml water or stock
- 1/2 teaspoon ground cinnamon, 1/4 teaspoon ground cloves, 1/2 teaspoon dried savory or thyme
- Salt and pepper
- 1 egg, beaten, to glaze

## Method

1. Put the pork, onion, garlic, water and spices in a large pan. Cook over medium heat, breaking up the meat, then simmer gently for about 30 minutes until the meat is cooked through and most of the liquid has gone.
2. Stir in the mashed potato, season well with salt and pepper and let the filling cool.
3. Heat the oven to 200 °C. Line a pie dish with half the pastry, add the filling and cover with the rest. Seal the edges, cut a few slits in the top and brush with beaten egg.
4. Bake for 15 minutes, then lower the heat to 180 °C and bake for about 30 minutes more, until golden brown.
5. Rest for 10 minutes before slicing.

# Quebec yellow pea soup

A thick, golden soup of whole yellow peas simmered for hours with salt pork and herbs. The pork is either chopped and stirred back in or served on the side in thin slices.

## Ingredients

- 450 g dried whole yellow peas, soaked overnight in cold water and drained
- 250 g salt pork or a smoked ham hock
- 1 onion, chopped
- 1 carrot, diced
- 1 celery stalk, diced
- 2.5 litres water
- 1 bay leaf and 1 teaspoon dried savory or thyme
- Pepper, and salt only if needed at the end

## Method

1. Soak the peas overnight (this is not included in the cooking time), then drain and rinse them.
2. Put the peas, pork, vegetables, herbs and water in a large pot and bring to the boil. Skim off any foam.
3. Lower the heat, cover partly and simmer for 2 to 3 hours, stirring now and then, until the peas are very soft and the soup is thick. Add a little water if it gets too thick.
4. Take out the pork and the bay leaf. Chop the meat, removing skin, fat and bone, and stir it back into the soup.
5. Taste before adding salt, because the pork is already salty. Serve hot with bread.

# Butter tart

A small pastry shell filled with butter, brown sugar, syrup and egg, baked until the filling is set at the edges, runny in the middle and crackly on top.

## Ingredients

- 12 unbaked tart shells, about 7 cm across (homemade shortcrust or ready-made)
- 125 g soft brown sugar
- 125 ml maple syrup or golden syrup
- 60 g butter, melted
- 1 egg
- 1 teaspoon vanilla extract
- 1 teaspoon lemon juice or white vinegar
- A pinch of salt
- 75 g raisins or chopped pecans (optional)

## Method

1. Heat the oven to 200 °C and put the tart shells on a baking tray or in a muffin tin.
2. Whisk the sugar, syrup, melted butter, egg, vanilla, lemon juice and salt together until smooth.
3. If you like, put a few raisins or pecans in each shell.
4. Fill each shell about two-thirds full with the mixture. Do not overfill, as it bubbles up.
5. Bake for 15 to 18 minutes, until the pastry is golden and the filling is bubbling. Cool in the tin for 10 minutes, as the filling is very hot, then lift out.



# Bannock

A simple quick bread of flour, baking powder, fat and water or milk, fried in a pan, baked, or wrapped around a stick over a campfire. It is found from the Arctic to the Pacific coast.

## Ingredients

- 500 g plain flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 tablespoon sugar (optional)
- 60 g lard or butter, cut small
- About 300 ml water or milk
- Oil or lard for frying, if you fry it

## Method

1. Mix the flour, baking powder, salt and sugar in a large bowl.
2. Rub in the lard or butter with your fingertips until the mixture looks like crumbs.
3. Add the water or milk a little at a time and mix to a soft dough. Do not knead it much.
4. To bake: press the dough into a round about 2 cm thick on a greased tray and bake at 200 °C for 20 to 25 minutes, until golden and hollow-sounding underneath.
5. To fry: cut the dough into pieces about 1.5 cm thick and fry in hot oil for 3 to 4 minutes on each side until golden and cooked through. Serve warm with butter, jam or soup.

# Useful phrases

## Bonjour

bohn-ZHOOR · Hello, good morning, good day

## Bonsoir

bohn-SWAHR · Good evening

## Salut!

sah-LUU · Hi, or bye (informal)

## Merci

mair-SEE · Thank you

## Merci beaucoup

mair-SEE boh-KOO · Thank you very much

## Bienvenue

bee-an-veh-NUU · You're welcome (in Quebec; it also means 'welcome')

## S'il vous plaît

seel voo PLAY · Please

## Excusez-moi

ex-kuu-ZAY MWAH · Excuse me

## Parlez-vous anglais?

par-LAY voo ahn-GLAY · Do you speak English?

## Je ne parle pas français.

zhuh nuh parl pah frahn-SAY · I don't speak French.

## Où sont les toilettes?

OO sohn lay twah-LET · Where are the toilets?

## C'est combien?

say kohm-BYAN · How much is it?

## Je voudrais un café, s'il vous plaît.

zhuh voo-DRAY uhn kah-FAY, seel voo PLAY · I would like a coffee, please.

**L'addition, s'il vous plaît.**

lah-dee-SYOHN, seel voo PLAY · The bill, please.

**Bon appétit!**

bohn ah-pay-TEE · Enjoy your meal!

**Santé!**

sahn-TAY · Cheers! (literally 'health')

**C'est correct.**

say ko-REK · It's fine, that's OK.

**Bonne journée!**

bun zhoor-NAY · Have a good day! (in Quebec also used as goodbye)

**Bonne fin de semaine!**

bun fan duh suh-MEN · Have a good weekend!

**Au revoir**

oh ruh-VWAHR · Goodbye

## Things you might not know

1. Canada has the longest coastline of any country: about 243,000 km, counting all its islands, according to Natural Resources Canada.
2. The border between Canada and the United States, including the border with Alaska, is 8,891 km long.
3. For decades Canada and Denmark both claimed tiny Hans Island between Ellesmere Island and Greenland, and each side took turns planting its flag there and leaving a bottle of Danish schnapps or Canadian whisky for the other, the friendly 'Whisky War'. In 2022 they agreed to divide the island along a natural fault line, giving Canada a short land border with Greenland.
4. Basketball was invented by a Canadian: James Naismith, born in Almonte, Ontario, created the game in December 1891 at a YMCA school in Springfield, Massachusetts, using two peach baskets as goals.
5. Insulin was discovered at the University of Toronto in 1921. Frederick Banting and John Macleod received the Nobel Prize for it in 1923, and Banting, at 32, is as of 2026 still the youngest winner of the Nobel Prize in medicine.
6. The one-dollar coin, introduced in 1987, shows a loon, so everyone calls it the 'loonie'. The two-dollar coin of 1996 became the 'toonie'.
7. Canada stopped handing out one-cent coins on 4 February 2013. Cash payments are now rounded to the nearest 5 cents.
8. By a law of 1994, ice hockey is Canada's national winter sport and lacrosse its national summer sport.
9. The Bay of Fundy, between New Brunswick and Nova Scotia, has the highest tidal range in the world, averaging about 16 m between low and high tide.
10. Quebec produces on average about 72 percent of the world's maple syrup, and in 2025 it made about 90 percent of Canada's.
11. The maple leaf on the flag has 11 points. Wind tunnel tests showed that this design blurred the least when the flag flaps in a strong wind.
12. The Stanley Cup, hockey's great prize, was bought in 1892 by Lord

Stanley, then Governor General of Canada, and first awarded in 1893. It is the oldest existing trophy awarded to a professional sports team in North America.

13. In the Klondike Gold Rush after 1896, about 100,000 people set out for the Yukon to look for gold, but only about 30,000 to 40,000 of them got there.
14. As of 2026, Canada has 22 UNESCO World Heritage Sites, from the Viking camp at L'Anse aux Meadows to the dinosaur fossils of Alberta.

#### TALK ABOUT IT

## Questions for the group

- Have you ever been to Canada, or has someone in your family? What do you remember?
- Have you ever tasted Poutine or Tourtière? What is a dish you remember from a trip?
- The second Quebec referendum (1995). Do you remember hearing about it? Where were you then?
- Nunavut is created (1999). Do you remember hearing about it? Where were you then?
- Have you seen Parliament Hill, in person or in pictures? Which famous place would you most like to see?
- If you could spend one day in any city of Canada, which would it be and why?

## QUIZ

# How well do you know Canada?

Circle the right answer. The answers are on the last page.

### 1. What is poutine made of?

- A) French fries, mayonnaise and ketchup
- B) French fries, chili and melted cheddar
- C) Potato pancakes, sour cream and bacon
- D) French fries, cheese curds and gravy

### 2. In Quebec French, which meal is 'le dîner'?

- A) Breakfast
- B) A late-night snack
- C) Lunch, the midday meal
- D) Afternoon tea

### 3. Canada is the second-largest country in the world by total area, after Russia.

- A) True
- B) False

### 4. What did the Truth and Reconciliation Commission, which reported in 2015, examine?

- A) The building of the Canadian Pacific Railway
- B) The residential school system for Indigenous children
- C) The Klondike Gold Rush
- D) The 1995 Quebec referendum

### 5. What is the capital of Canada?

- A) Vancouver
- B) Ottawa
- C) Montreal
- D) Toronto

**6. At Vimy Ridge in April 1917, the four divisions of the Canadian Corps fought together for the first time.**

- A) True
- B) False

**7. In Canadian shops, how is sales tax usually charged?**

- A) It is added at the till, on top of the shelf price
- B) It is already included in the shelf price
- C) It is paid later by post
- D) It is charged only on weekends

**8. Who led the Métis of the Red River settlement in the resistance that led to Manitoba joining Canada in 1870?**

- A) Jacques Cartier
- B) Samuel de Champlain
- C) James Wolfe
- D) Louis Riel

**9. How many points does the maple leaf on Canada's flag have?**

- A) 13
- B) 9
- C) 11
- D) 7

**10. Tourtière is a French-Canadian meat pie traditionally eaten at Christmas and New Year in Quebec.**

- A) True
- B) False

**11. What is the official emergency number for police, fire and ambulance across almost all of Canada?**

- A) 911
- B) 999
- C) 111
- D) 000

**12. In provinces such as Ontario and Quebec, 'the hydro bill' is the bill for electricity.**

- A) True
- B) False



## Quiz answers

### 1. D) French fries, cheese curds and gravy

French fries, cheese curds and gravy. The dish comes from rural Quebec in the late 1950s, and the fresh curds squeak when you bite them.

### 2. C) Lunch, the midday meal

Lunch, the midday meal. In Quebec, le déjeuner is breakfast, le dîner is lunch and le souper is the evening meal.

### 3. True

True. Canada covers about 9.98 million km<sup>2</sup>, second only to Russia.

### 4. B) The residential school system for Indigenous children

It examined the residential school system for Indigenous children, which about 150,000 First Nations, Inuit and Métis children attended. It concluded that the system was a cultural genocide and made 94 Calls to Action.

### 5. B) Ottawa

Ottawa, on the Ottawa River in Ontario, was chosen as the capital by Queen Victoria in 1857. Toronto is the largest city.

### 6. True

True. The Canadian Corps captured the ridge in northern France between 9 and 12 April 1917, and the battle became a symbol of national pride.

### 7. A) It is added at the till, on top of the shelf price

It is added at the till, on top of the shelf price: the federal GST of 5 percent, plus provincial tax, or one combined HST of 13 to 15 percent in some provinces.

### 8. D) Louis Riel

Louis Riel led the Métis provisional government, and the negotiations that followed produced the Manitoba Act of 1870.

### 9. C) 11

11. Wind tunnel tests showed that an 11-pointed leaf blurred the least when the flag flaps in a strong wind.

### 10. True

True. It is part of the Christmas Eve réveillon and the New Year's Eve meal. Its name comes from the dish it was baked in.

### 11. A) 911

911, the same as in the United States. 999 is used in the United Kingdom, 000 in Australia and 111 in New Zealand.

## **12. True**

True. Much of the power there comes from hydroelectric dams, so 'hydro' came to mean the electricity supply.

# Canada visa page

Name: \_\_\_\_\_ Date: \_\_\_\_\_



## Next stops

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| Country: _____ | Country: _____ | Country: _____ |

Play the interactive version, collect a stamp in your passport:

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