



Lets Learn About Canada

Did You Know?

For all those keepers who are eager to learn more about our beloved country, here are a few facts about Canada:

“O Canada” was written in 1880, but wasn’t officially made the national anthem until 1980!

There are over 634 recognized First Nations governments or bands, half of them live in Ontario or British Columbia.

Some of Canada’s most beloved foods are Poutine, Beavertails, Nanaimo Bars, Butter Tarts and Timbits!

A nickname for Canadians, Canuck has been used since at least the 1830s with questions about where it really came from.

Invented in the 1970s, ketchup chips are usually only available in Canada.

In 1793, a British Act was passed stopping people from sending enslaved people to Upper Canada but it wasn't until Aug 1, 1834, that another rule freed 800,000 enslaved people in British colonies, including Canada.





Fun Facts

Test your knowledge and fill in the blanks below!

1. The capital city of Canada is _____.
2. Canada's national sports are _____ and _____.
3. The _____ has been a symbol of Canada since the 1800s.
4. More than _____ languages are spoken by Indigenous peoples in Canada.
5. Canada's national animal is the _____.

Ottawa

Thirty

Lacrosse

Beaver

Hockey

Maple Leaf



Word Search

Try to find all the Canadian themed words!

J	A	R	T	U	Z	H	P	O	C	W	O	N	S	J
W	F	R	L	O	I	C	H	E	L	P	A	M	Y	T
A	N	P	S	B	F	N	L	A	C	R	O	S	S	E
N	Z	O	Q	I	J	E	A	C	I	M	N	A	N	F
A	M	L	I	R	I	R	V	I	G	B	F	D	H	I
D	C	A	K	A	P	F	H	V	E	B	N	H	H	V
S	A	R	V	C	Q	Z	S	E	E	E	Q	I	U	I
N	N	B	H	X	N	R	T	F	S	A	I	Q	C	H
I	A	E	O	H	L	H	I	V	E	V	G	J	T	D
A	D	A	C	A	Q	S	B	Z	W	E	J	W	E	Z
T	A	R	K	G	H	N	M	C	C	R	D	K	I	Z
N	U	D	E	Y	M	Y	I	W	L	Q	M	L	N	E
U	Y	D	Y	N	Z	B	T	G	G	A	Z	O	O	Q
O	W	P	M	O	T	T	A	W	A	N	E	Z	O	N
M	N	I	V	Q	K	J	M	O	O	S	E	U	L	F

Ottawa

Maple

Hockey

Loonie

Moose

Geese

Beaver

Canada

Caribou

Lacrosse

Snow

Polar Bear

French

Timbits

Mountains

Did You Know...

The Underground Railroad was a secret network of people who helped 30,000 - 40,000 African Americans enter Canada to escape slavery in the United States.

On February 15, 1965, the iconic Canadian flag was flown for the first time on Parliament Hill.

Many English words were borrowed from Indigenous Languages throughout North America. A few of these borrowed terms we still use today include Toboggan (sled) from Míkmaq, Chipmunk from Odawa, Kayak from Inuktitut, and Sasquatch from Halkomelem.

Canada is the first country to adopt a policy of multiculturalism. In the 2016 Census, people from over 250 ethnic origins called Canada home.



Match

Match the province or territory with its capital!

Alberta ●

British Columbia ●

Manitoba ●

New Brunswick ●

Yukon ●

Northwest Territories ●

Ontario ●

Nova Scotia ●

Nunavut ●

Prince Edward Island ●

Quebec ●

Saskatchewan ●

Newfoundland and Labrador ●

● St. John's

● Halifax

● Fredericton

● Charlottetown

● Québec

● Toronto

● Winnipeg

● Regina

● Edmonton

● Victoria

● Iqaluit

● Yellowknife

● Whitehorse

Label the Map

Label each province or territory and colour it in!



My Favourite Canadian Things

1. My favourite Canadian treat is _____
2. My favourite Canadian animal is _____
3. My favourite province or territory is _____
4. My favourite Canadian city is _____.
5. My favourite Canadian word/phrase is _____
6. My favourite thing about Canada is _____



Did you know?

Invented in the 1970s, ketchup chips are usually only available in Canada.

Recipe: Nanaimo Bars

Ingredients:

Biscuit base

125g softened butter
50g caster sugar
5 tbsp cocoa powder
1 egg, beaten
200g digestive biscuits,
blitzed to crumbs
100g desiccated coconut
50g chopped almonds
(optional)

Custard icing

100g butter, softened
4 tbsp double cream
3 tbsp custard powder
250g icing sugar

For the chocolate topping

150g dark chocolate
50g butter

STEP 1

Start by making the biscuit base. In a bowl, over a pan of simmering water, melt the butter with the sugar and cocoa powder, stirring occasionally until smooth. Whisk in the egg for 2 to 3 mins until the mixture has thickened. Remove from heat and mix in the biscuit crumbs, coconut and almonds if using, then press into the base of a lined 20cm square tin. Chill for 10 mins.

STEP 2

For the middle layer, make the custard icing; whisk together the butter, cream and custard powder until light and fluffy, then gradually add the icing sugar until fully incorporated. Spread over the bottom layer and chill in the fridge for at least 10 mins until the custard is no longer soft.

STEP 3

Melt the chocolate and butter together in the microwave, then spread over the chilled bars and put back in the fridge. Leave until the chocolate has fully set (about 2 hrs). Take the mixture out of the tin and slice into squares to serve.

Did You Know...



Beaded Metis bag

Indigenous art in Canada has been around for thousands of years, with works dating back to 5,000 years ago!

Canadian Indigenous art has evolved over time, using different materials such as bone, rock, quills, textiles, beads, animal hide, birchbark, wood, canvas and much more.

Materials and techniques depend on the artist themselves, as art reflects beliefs, values and spiritual connections to the world around them.

Indigenous art and practices continue today, with many artists mixing new and old techniques to create beautiful works that reflect both themselves and their culture.

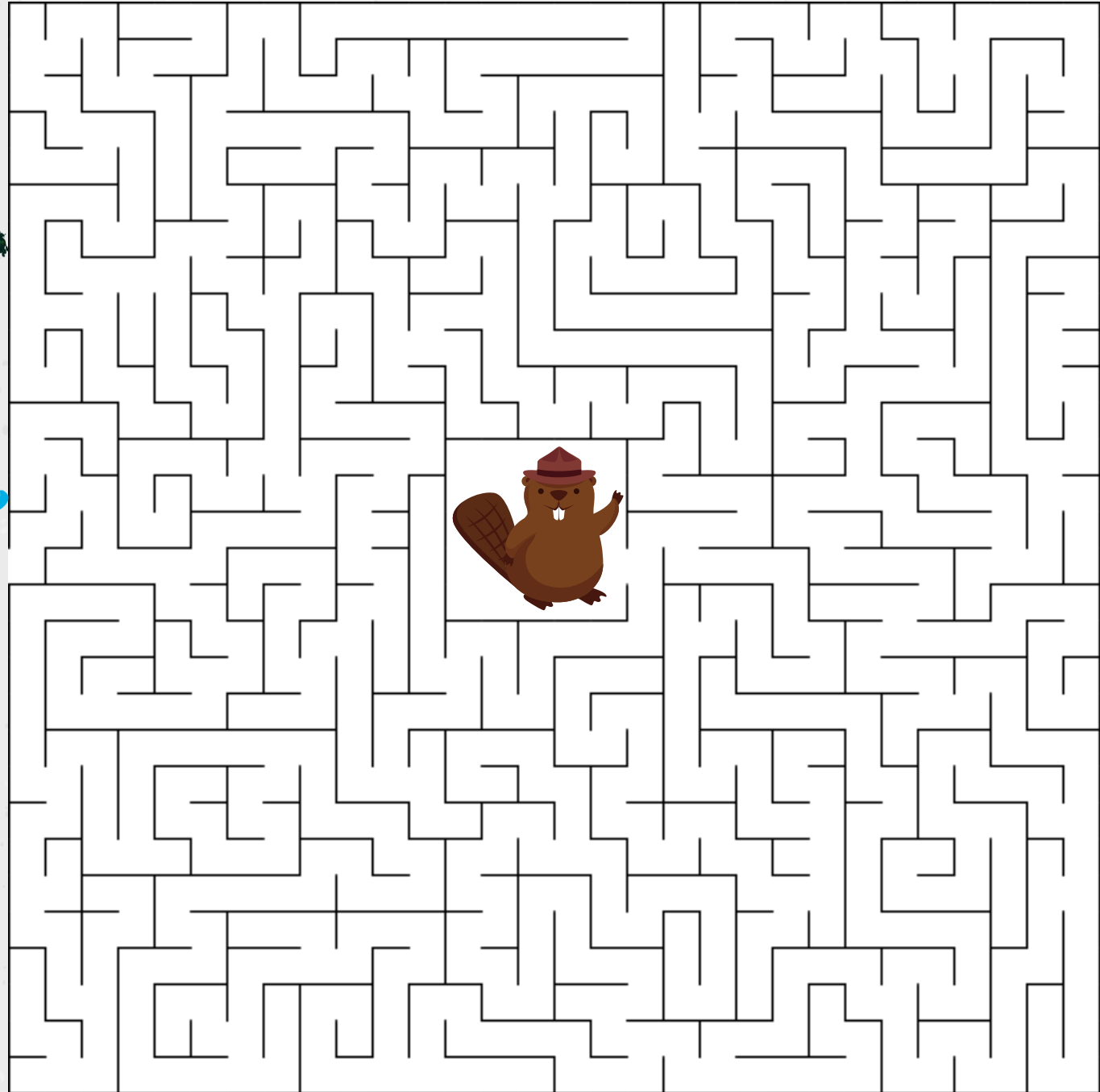
Indigenous Artists to Learn from:

DAPHNE ODJIG
TANYA TAGAQ-GILLIS
JAMES JONES
NATHALIE BERTIN
NORVAL MORRISSEAU

Did you know?

Indigenous peoples include First Nations, Métis and Inuit and make up 4.3% of our population.

Help the Beaver Escape the Maze



Did you know?

The Maple Leaf has been a Canadian symbol for decades even before the flag we know and love today.

Pom Pom Polar Bear Craft

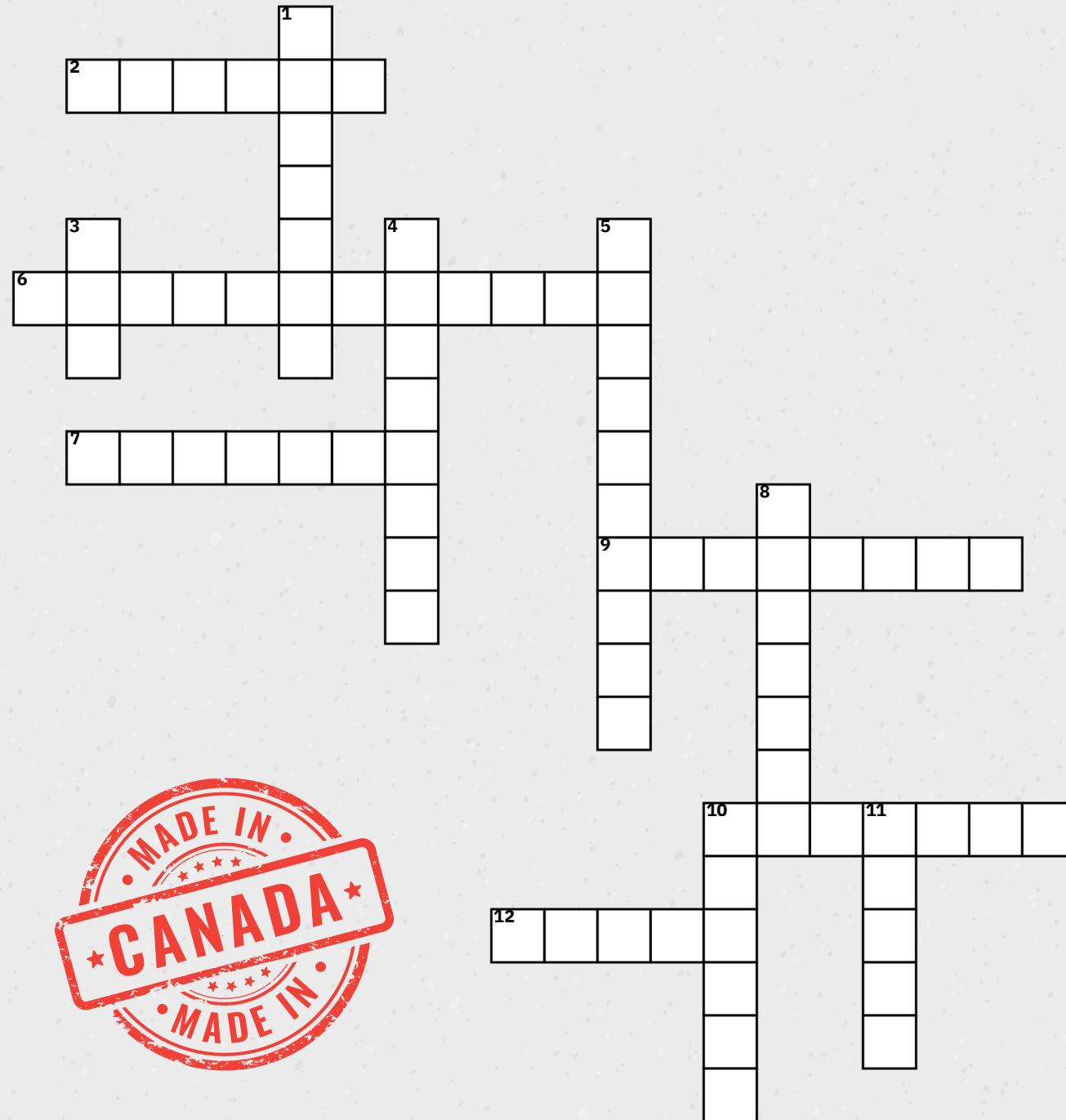


Materials:

- Three white pipe cleaners
- One 1 ½" white pom Pom
- One 1" white pom pom
- Three 3/16" black pom poms
- Craft glue
- Scissors
- Pen

1. Cut two pipe cleaners in half
2. Wrap each half tightly around a pen and slide it off.
3. To make the paws, reshape the last coil of each one so it is bigger on one side than the rest of the coils.
4. Glue the coils at the top to the 1 ½" pom pom to make the legs and the body.
5. For the ears, cut two 1" pieces off of a fuzzy stick. Form each piece into a circle. Cut off a 5" piece. Use your thumb and forefinger to form a spiral. See photo for reference.
6. Gently ease the middle out to turn it into a small cone.
7. Glue the cone and circles to the 1" pom pom to make the head.
8. Glue the head to the body.
9. Glue three 3/16" black poms in place for the eyes and the nose.

Canadian Words Crossword



Across

[2] Nickname for the two dollar coin

[6] Common coffee order at Tim Hortons

[7] A youth who spends a great deal of time at a hockey rink

[9] Another word for sled

[10] A unique Canadian chip flavour

[12] A hat worn during the winter

Down

[1] Nickname for Tim Hortons

[3] Another word for soda

[4] Members of the Royal Canadian Mounted Police

[5] A deep fried dessert that you can top with anything

[8] French fries with gravy and cheese curds

[10] Someone who is eager to learn

[11] Nickname for a Canadian

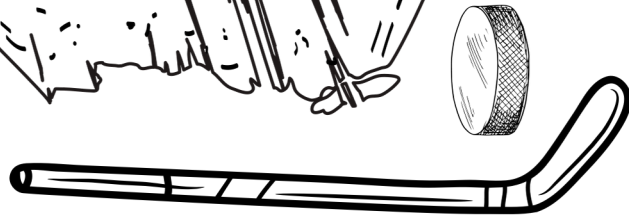
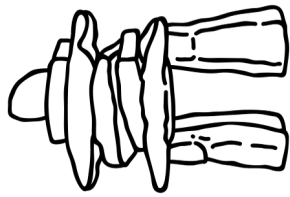
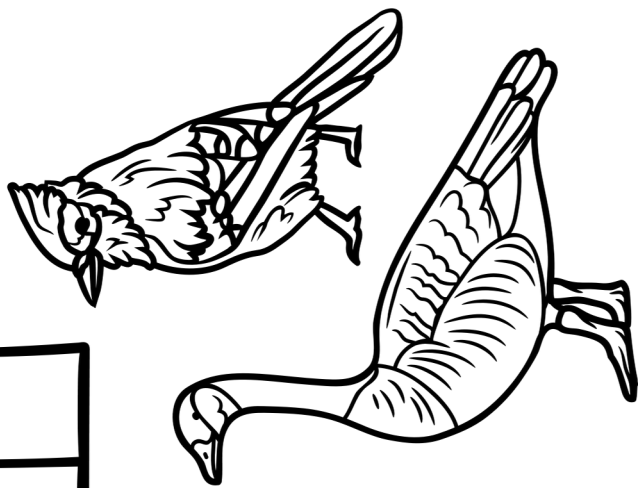
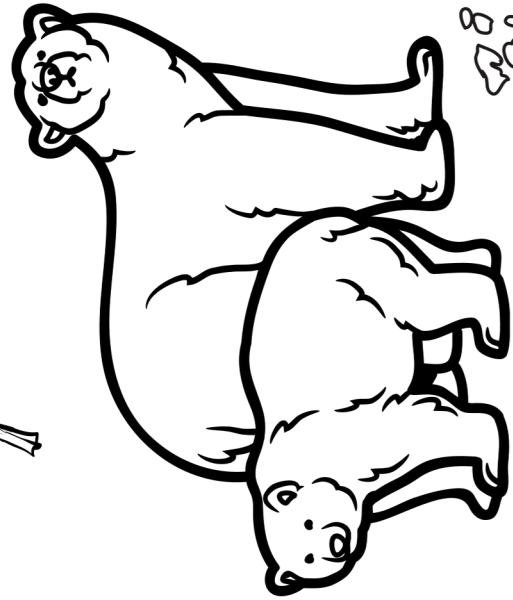
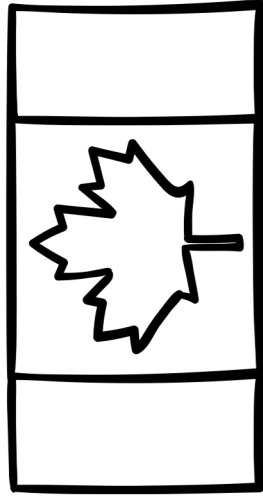
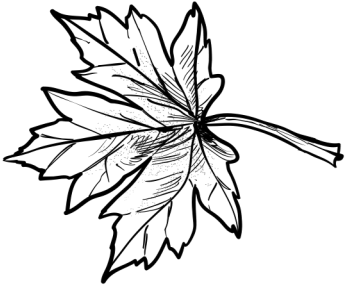


Colouring Sheets





CANADA







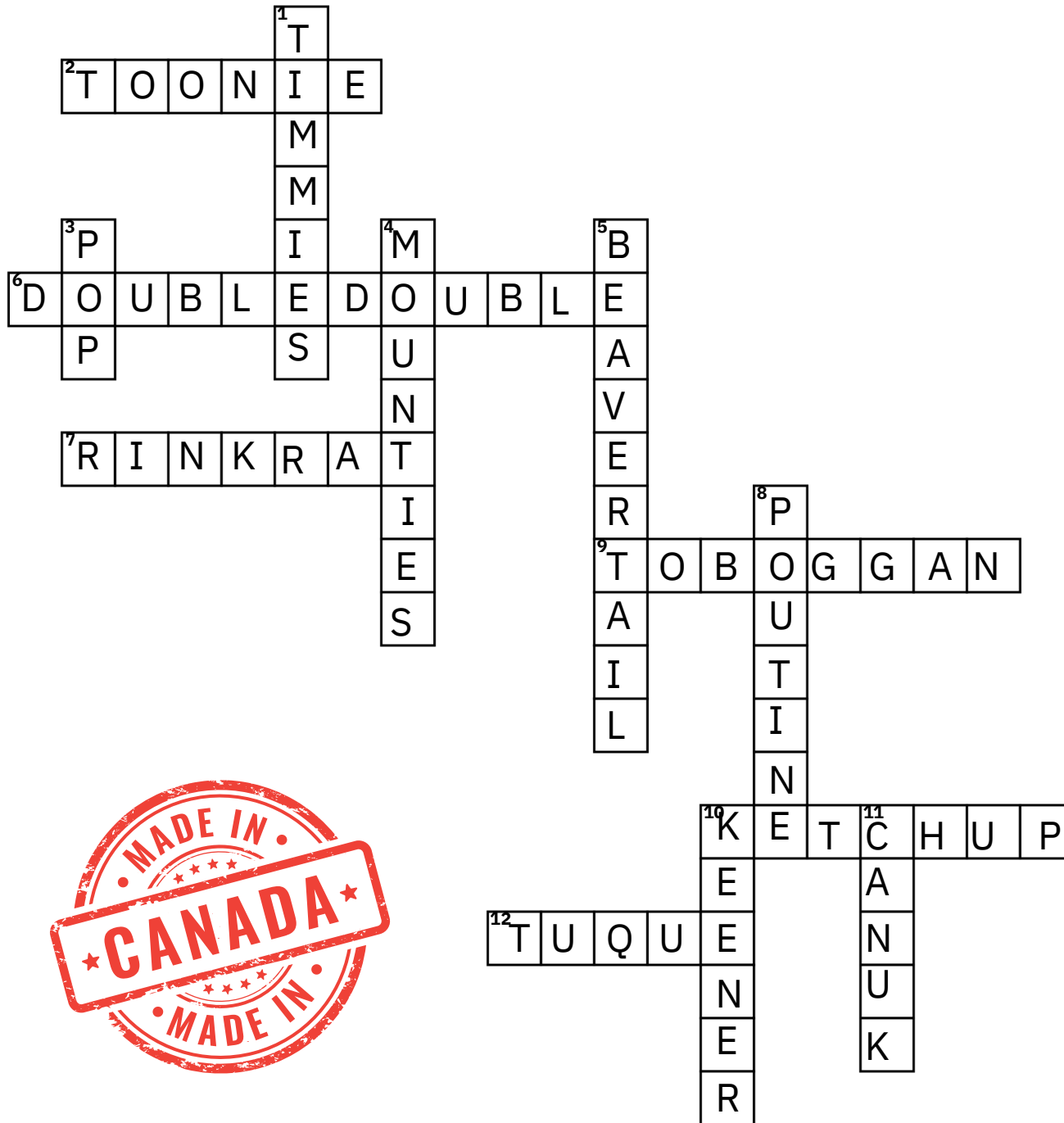


Answers

Word Search Answers



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