



**HISTORY & GEOGRAPHY 407
LIVING IN MOUNTAIN COUNTRIES
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MOUNTAIN COUNTRIES

In this LIFE PAC® 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 should be able to do when you have successfully completed this LIFE PAC.

When you have finished this LIFE PAC, 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.
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VOCABULARY

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

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

avalanche (av' u lanch). A large mass of snow and ice, or dirt and rocks, rapidly sliding down the side of a mountain.

confederation (kən fed' ə rā' shən). A joining together of states, groups, or countries for a special purpose.

constitution (kon' stə tü' shən). The basic rules according to which a country, state, or group is governed.

democracy (dī mok' rə sē). A government that is run by the people who live under it, or through their elected representatives.

dynasty (dī' nəs tē). A series of rulers who belong to the same family.

heartland (härt land). Center or most important land.

insecticide (in sek' tə sīd). A substance for killing insects.

international (in' tər nash' ən əl). Having to do with two or more countries.

jagged (jag' id). With sharp points sticking out.

landlocked (land lokt). Surrounded by land; having no seacoast.

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

militia (mə lish' ə). An army of citizens who are not regular soldiers but who are trained for war or any other emergency.

monk (mungk). A man who gives up everything else for religion and lives in a place with other men who do the same.

monsoon (mon sün'). A wind that blows at certain times of the year in the Indian Ocean and Southeast Asia.

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

natural resource (nach' ər əl rē' sôrs). Materials supplied by nature.

neutral (nü' trəl). On neither side in a quarrel or war.

plaza (pläz' ə). A public square in a city or town.

porter (pôr' tər). A person employed to carry burdens or baggage.

protest (prō' test). A statement that denies or objects strongly.

Protestant (prot' is tənt). A member of any of certain Christian churches which split off from the Roman Catholic Church.

rebellion (ri bel' yun). An act of resistance, a revolt.

reform (ri fôrm'). To make better; improve by removing faults.

refugee (ref' yü jē). A person who must leave a country for safety.

representative (rep' ri zen' tə tiv). A person appointed or elected to act or speak for others.

temple (tem' pəl). A building used for the service or worship of a god or gods.

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.

transportation (trans' pər tā' shən). Means of carrying things from one place to another.

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

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

Note: These words appear in **boldface** print the first time they are used in this LIFE PAC. If you are unsure of the meaning when you are reading, review the definition.

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

I. 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.

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.

Review these words.

adapt
terrace

legend
valley

mortar
viceroy

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.



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).



Teacher check _____

Initial

Date