



# HISTORY & GEOGRAPHY

STUDENT BOOK

▶ **7th Grade** | Unit 3

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# HISTORY & GEOGRAPHY 703

## History and Geography of Our States

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# History and Geography of Our States

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## Introduction

The states in our country have grown through a series of historical events that have helped make each state unique. These events include the exploration, settlement, agricultural and industrial developments, and urbanization of an area. These events are also directly related to the geography of that area.


In this LIFE PAC® you will study the geography of four regions in the United States. You will learn about **landforms**, climate, natural resources, agriculture, industry, living patterns, and important historical events in each of these regions. By studying the elements in the environment, you will learn how these things have shaped our national history and culture. This knowledge helps you to understand the world you live in today and helps you to plan for the world you will live in tomorrow.

## Objectives

Read these objectives. The objectives tell you what you will 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. Use maps and globes as a source of information about the United States.
2. Describe the landforms, climate, and early history of the United States.
3. Describe the landforms and climate in your own state.
4. Explain the effect of climate and landforms on occupations, agriculture, and industry in your own state and in the four regions of the United States.

Survey the LIFE PAC. Ask yourself some questions about this study and write your questions here.

A large rectangular area with horizontal green lines for writing. The lines are evenly spaced and extend across the width of the box, providing a space for students to write their questions.

# 1. LOOKING AT THE UNITED STATES

Geography, the study of God's earth and how people adapt to conditions on earth, can help you to understand history. The knowledge and skills of geography provide the background, the scenery, for a better view of historical events.

In this section of the LIFE PAC, you will learn about the location of the United States in the

world. You will also learn about rivers, harbors, mountains, **plateaus**, climate, and natural resources. You will study the early history and exploration of the United States. You will use this information to describe the geography and historical events that are important in your own state.

## SECTION OBJECTIVES

**Review these objectives.** When you have completed this section, you should be able to:

1. Use maps and globes as a source of information about the United States.
2. Describe the landforms, climate, and early history of the United States.
3. Describe the landforms and climate in your own state.

## VOCABULARY

**Study these words to enhance your learning success in this section.**

**archaeologist** (är kē ol' u jist). A person who studies ancient cultures.

**basin** (bā' sun). An area of land that is surrounded by higher land and may be drained by a river.

**canyon** (kan' yun). A deep narrow valley with steep sides.

**contiguous** (kun tig' yu us). Touching; joining.

**continent** (kon' tu nunt). One of the largest bodies of land on earth.

**Continental Divide** (kon tu nen' tul du vīd'). A line that separates the flow of rivers to the opposite sides of the continent.

**cultivation** (kul tu vā' shun). The process by which the soil is prepared and used to grow crops.

**delta** (del' tu). The land deposited at the mouth of the river.

**elevation** (el u vā' shun). Distance above sea level.

**glacier** (glā' shur). A large mass of slowly moving ice.

**gorge** (gôrj). A narrow passage.

**landform** (land' fôrm). A natural feature of the earth.

**natural region** (nach' ur ul rē' jun). An area formed by natural landforms.

**peninsula** (pu nin' su lu). A piece of land almost surrounded by water.

**plateau** (pla tō ). A large level area of elevated land.

**political region** (pu lit' u kul rē' jun). An area defined by people; state, city, country, and so forth.

**Note:** All vocabulary words in this LIFE PAC appear in **boldface** print the first time they are used. If you are not sure of the meaning when you are reading, study the definitions given.

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

## GEOGRAPHY OF THE UNITED STATES

The study of geography includes the physical features and the location of countries and regions on the earth's surface. Life in any area of the world is affected by where that area is located and by its physical features.

The earth has several large land masses called **continents**. North America is one such land mass, and the United States is just one country on that continent. To understand the United States better, you must understand its location on the earth and its geographical features. Life in the United States is influenced by climate, size, and **landforms**.

**Geographical location.** God created the continents and oceans of our world. Arctic, Atlantic, Indian, and Pacific are the names of the four oceans on our earth. These oceans—along with the smaller seas, bays, gulfs, lakes, and rivers—cover almost three-fourths of the earth's surface.

When you look at the map or globe you will see six large land masses. Geographers say we have seven continents. One land mass is so large that it is divided into two continents, Europe and Asia. The other continents are Africa, Antarctica, Australia, South America, and North America.

The United States is on the continent of North America. The continent also includes Canada to the north, Mexico and Central America to the south, the Caribbean Islands to the southeast, and the island of Greenland to the northeast.

Our nation has fifty states. Forty-eight of these states are connected to each other. They are called the continental or **contiguous** states. Two of the fifty states, Alaska and Hawaii, are separated from the others. Alaska is north of the contiguous states on the North American continent. Hawaii is a series of islands in the Pacific Ocean west of the continental states.



| Continents and Oceans of the Earth

The continental United States has four different time zones: Eastern, Central, Mountain, and Pacific.

The United States is about halfway between the North Pole and the equator. The United States is in the Northern Hemisphere, which is the more populated of the two hemispheres.

The Pacific Ocean is on the western side of the nation, and the Atlantic is on the east. These oceans have been both trade routes for American goods and barriers which have kept foreign wars from American soil.

The United States is a large country with space for farming, industry, cities, recreation, and many people.

The United States has developed from a land of sparsely-populated tribal groups to the most powerful nation on earth in the span of 300 years.



| The contiguous US spans four time zones.



**Match the following vocabulary words with their definitions.**

- |                              |  |
|------------------------------|--|
| 1.1 _____ archaeologist      | a. the land deposited at the mouth of the river                                    |
| 1.2 _____ basin              | b. a person who studies ancient cultures   |
| 1.3 _____ canyon             | c. the process by which the soil is prepared and used to grow crops                |
| 1.4 _____ contiguous         | d. an area of land that is surrounded by higher land and may be drained by a river |
| 1.5 _____ continent          | e. a line that separates the flow of rivers to the opposite sides of the continent |
| 1.6 _____ Continental Divide | f. a deep narrow valley with steep sides   |
| 1.7 _____ cultivation        | g. one of the largest bodies of land on earth                                      |
| 1.8 _____ delta              | h. touching; joining   |





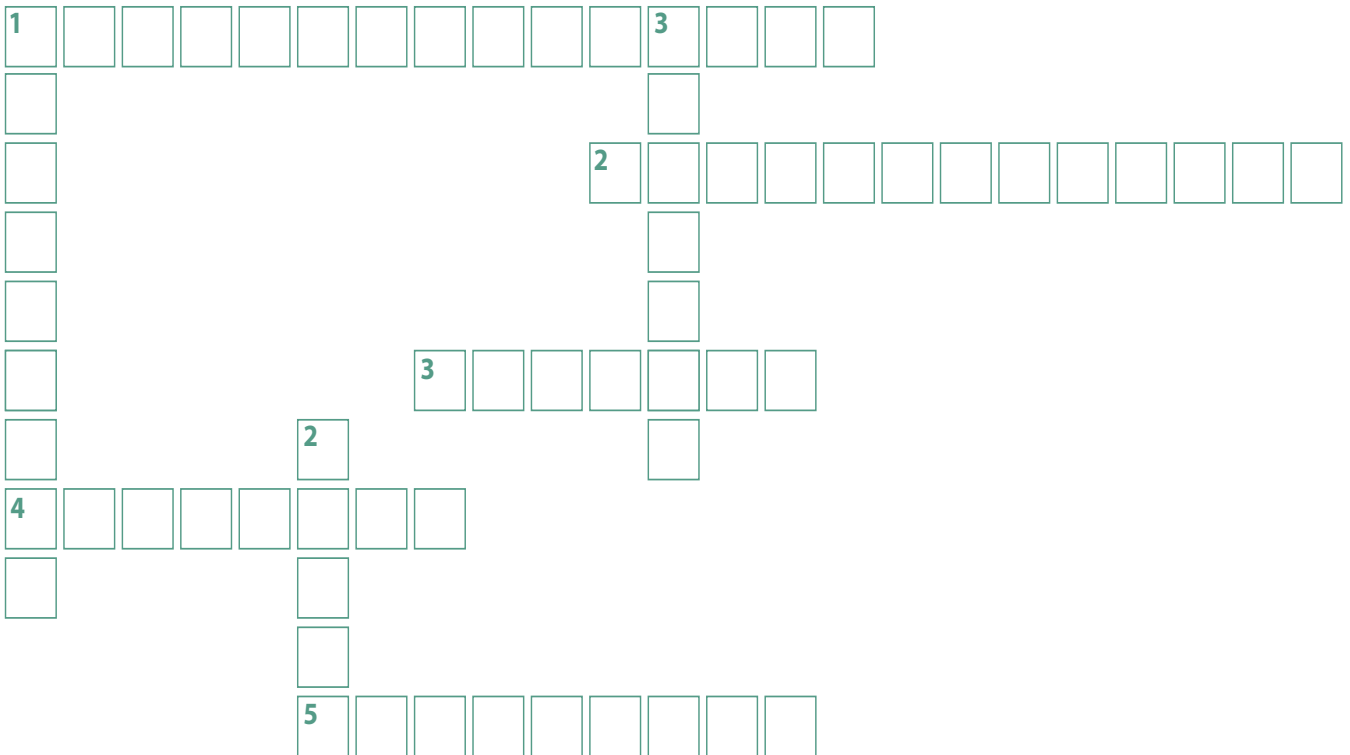
Complete the vocabulary crossword.

**1.9 ACROSS**

1. An area defined by people; state, city, country, and so forth.
2. An area formed by natural landforms.
3. A large level area of elevated land.
4. A natural feature of the earth.
5. Distance above sea level.

**DOWN**

1. A piece of land almost surrounded by water.
2. A narrow passage.
3. A large mass of slowly moving ice.





### Complete these statements.

- 1.10** Referring to the first map, name two continents through which the equator goes.  
 a. \_\_\_\_\_ b. \_\_\_\_\_
- 1.11** The Tropic of \_\_\_\_\_ passes through Australia and Africa.
- 1.12** The Tropic of \_\_\_\_\_ passes through North America, Africa, and Asia.

Alaska-Hawaii	Yukon	Pacific	Mountain	Central	Eastern
9:30 a.m.	10:30 a.m.	11:30 a.m.	12:30 p.m.	1:30 p.m.	2:30 p.m.

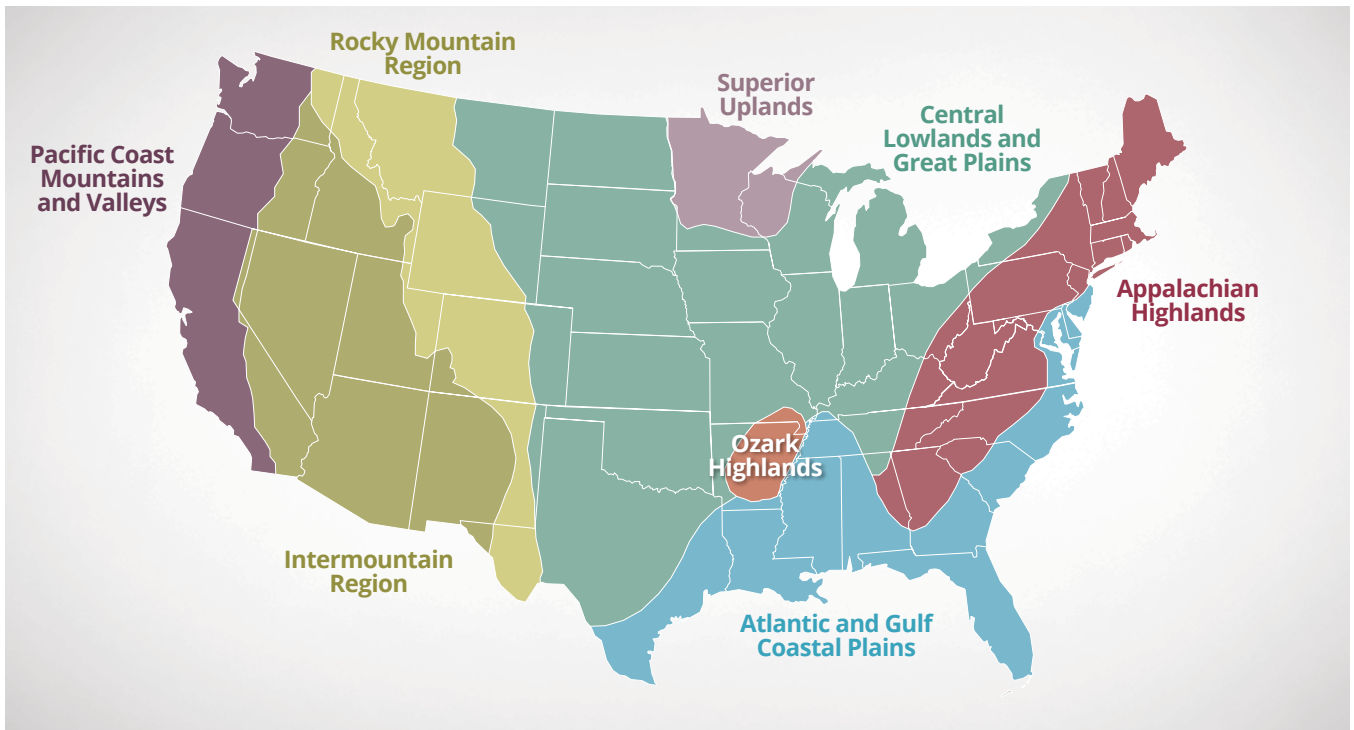
- 1.13** Kentucky is in the Eastern time zone. Montana is in the Mountain time zone. If it is 2:30 p.m. in Kentucky, what time is it in Montana? \_\_\_\_\_
- 1.14** Oklahoma is in the Central time zone. Hawaii is in the Alaska-Hawaii time zone. If it is 2:00 a.m. in Hawaii, what time is it in Oklahoma? \_\_\_\_\_
- 1.15** A(n) \_\_\_\_\_ is a large body of water, and a(n) \_\_\_\_\_ is smaller and partially or completely surrounded by land.
- 1.16** Name the six countries that are a part of North America.  
 a. \_\_\_\_\_ b. \_\_\_\_\_  
 c. \_\_\_\_\_ d. \_\_\_\_\_  
 e. \_\_\_\_\_ f. \_\_\_\_\_
- 1.17** Which state is northwest of the forty-eight contiguous states? \_\_\_\_\_
- 1.18** The state that is a chain of islands not a part of the continent of North America is \_\_\_\_\_.

**Highlands, lowlands, and plains.** The natural landform regions in the United States are thousands of years old. **Natural regions** are different from **political regions**. A state, a country, and a city are political regions. People have divided the land and named these regions.

A natural region is God-given. Forests, mountains, rivers, **plateaus**, swamps, lakes, **glaciers**, and plains are examples of natural regions.

The following map shows the location of the natural landform regions in the United States.

The Appalachian Highlands are the oldest mountain system in the United States. The mountains are not very high, but in many places they are very rugged. Major mountain ranges in this system are the Adirondack Mountains, Allegheny Mountains, Black Mountains, Blue Ridge Mountains, Catskill Mountains, Green Mountains, Great Smokey Mountains, and the White Mountains. The highest peak in the Eastern U.S. is Mount Mitchell, which rises 6,684 feet above sea level, in the Black Mountains near Asheville, North Carolina.



| Landform Regions of the United States

These mountains form ridges that run from northeast to southwest and are separated by narrow valleys. The mountains also divide the river flow. On the east, rivers flow toward the east and over the coastal plain. On the other side the rivers flow westward and toward the Central Lowlands.

The Appalachian Plateau was flat at one time, but has been worn down over the centuries by

rivers and streams. It is now almost as rugged as the surrounding highlands.

The Piedmont Plateau is a hard, rocky surface between the highlands and the coastal plain. At the edge of this plateau are many waterfalls. Through the years, the rivers that flow down the hills of the Appalachian Highlands and across the flat rocky plateau have gouged deep valleys in the sandy soil of the coastal plain and have formed waterfalls.



### Complete these statements.

- 1.19** The oldest mountain system in the United States is the \_\_\_\_\_ Highlands.
- 1.20** Name seven mountain ranges that are part of the Appalachian Highlands.
- a. \_\_\_\_\_ b. \_\_\_\_\_
- c. \_\_\_\_\_ d. \_\_\_\_\_
- e. \_\_\_\_\_ f. \_\_\_\_\_
- g. \_\_\_\_\_
- 1.21** The hard, rocky surface between the Appalachian Highlands and the coastal plains is called the \_\_\_\_\_ Plateau.
- 1.22** Complete the names of the western natural landform regions of the continental states:
- a. \_\_\_\_\_ Mountains and Valleys
- b. \_\_\_\_\_ Region
- c. \_\_\_\_\_ Mountain Region
- 1.23** Complete the names of the central and eastern natural landform regions of the continental states:
- a. \_\_\_\_\_ and b. \_\_\_\_\_ Coastal Plains
- c. \_\_\_\_\_ Lowlands and d. \_\_\_\_\_ Plains
- e. \_\_\_\_\_ Uplands
- f. \_\_\_\_\_ Highlands
- g. \_\_\_\_\_ Highlands

The Atlantic and Gulf coastal plains are level and made of layers of sand and clay. These plains are close to sea level. The land is generally flat and easily **cultivated** because of the loose, sandy soil. Rivers that flow across this plain deposit clay, sand, gravel, and silt eroded from the highlands. A large deposit of these materials at the mouth of a river is called a river **delta**. The Mississippi has a large delta region reaching out into the Gulf of Mexico.

Some rivers have cut deeper valleys into the coastal plain, and in some places the ocean has flowed inland across the river valley to form a

large bay. When the ocean covers a river valley and the nearby land, geographers call the bay a drowned river valley. Chesapeake Bay, Delaware Bay, Mobile Bay, and New York Bay are all drowned river valleys. The Everglades swampland and slow-moving streams called bayous are features of the southern coastal plain.

The Ozark Highlands are a small range of low mountains and hills. The Ozark Plateau, the Boston Mountains, and the Ouachita Mountains are part of this highland region found in the South Central area of our country.

**1.54** Name the five states admitted to the Union in the twentieth century.

- a. \_\_\_\_\_ b. \_\_\_\_\_  
 c. \_\_\_\_\_ d. \_\_\_\_\_  
 e. \_\_\_\_\_



**Review the material in this section in preparation for the Self Test.** The Self Test will check your mastery of this particular section. The items missed on this Self Test will indicate specific areas where restudy is needed for mastery.

## SELF TEST 1

**Match these items** (each answer, 2 points).

- |   |  |
|---|--|
| <b>1.01</b> _____ political region      | a. north-central U.S.A.; contains many lakes               |
| <b>1.02</b> _____ Cabot                 | b. drowned river valley                                    |
| <b>1.03</b> _____ plateau               | c. state, city   |
| <b>1.04</b> _____ De Soto               | d. level area of elevated land                             |
| <b>1.05</b> _____ sea                   | e. named Newfoundland                                      |
| <b>1.06</b> _____ Chesapeake Bay        | f. explored Arizona and New Mexico                         |
| <b>1.07</b> _____ Superior Uplands      | g. large body of water partly or wholly surrounded by land |
| <b>1.08</b> _____ Coronado              | h. explored Florida  |
| <b>1.09</b> _____ Rocky Mountains       | i. divided by the Laramie Plain                            |
| <b>1.010</b> _____ Appalachian Highland | j. includes Adirondacks, and Catskills                     |

**Write true or false** (each answer, 1 point).

- 1.011** \_\_\_\_\_ Europe and Asia are on the same large land mass.  
**1.012** \_\_\_\_\_ Land covers more than one-half of the earth.  
**1.013** \_\_\_\_\_ The United States is the only country on the North American continent.  
**1.014** \_\_\_\_\_ One reason why the United States has grown to be large and prosperous is its climate.

- 1.015 \_\_\_\_\_ The Piedmont Plateau has soft, sandy soil.
- 1.016 \_\_\_\_\_ The Missouri River is the largest river in the United States.
- 1.017 \_\_\_\_\_ A peninsula is land that extends into the water and is almost surrounded by the water.
- 1.018 \_\_\_\_\_ The only part of the United States explored by Russia was the Northwest coastline.
- 1.019 \_\_\_\_\_ The land along the Mississippi was claimed for France by Ponce de León.
- 1.020 \_\_\_\_\_ The interior area that supported the fewest trees was the Great Plains.

**Write the letter of the correct answer on the line** (each answer, 2 points).

- 1.021 The area around New York was claimed by the \_\_\_\_\_.  
 a. Russians                      b. Dutch                      c. Germans
- 1.022 Most of the Southern United States was explored by the \_\_\_\_\_.  
 a. English                      b. Spanish                      c. French
- 1.023 A natural region includes a \_\_\_\_\_.  
 a. plateau                      b. city                      c. garden
- 1.024 The Pacific Coast Mountains \_\_\_\_\_.  
 a. are worn down                      b. are the biggest range in the United States  
 c. include the highest peak on the continental U.S.
- 1.025 The first explorers of the North American continent were \_\_\_\_\_.  
 a. Spanish                      b. Norwegian                      c. French
- 1.026 Which of these states was admitted to the Union in the 20th century? \_\_\_\_\_.  
 a. Vermont                      b. Arizona                      c. California

**Complete this statement** (each answer, 3 points).

- 1.027 The seven continents are  
 a. \_\_\_\_\_ ,      b. \_\_\_\_\_ ,  
 c. \_\_\_\_\_ ,      d. \_\_\_\_\_ ,  
 e. \_\_\_\_\_ ,      f. \_\_\_\_\_ , and  
 g. \_\_\_\_\_

<div style="border: 1px solid black; padding: 5px; display: inline-block;">                 50  <hr style="width: 50%; margin: 0;"/>                 63             </div>	<b>SCORE</b> _____	<b>TEACHER</b> _____ <small>initials                      date</small>
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