

Contributors: Ellen M. Dolan (England, Ireland, Italy),

Ann Edmonds (France), Kelly Herrenkohl (Spain), PJ Lents (Germany), Susan D. Royals (Sweden)

Editor: Jonathan Gross

Original Illustrations: Ada K. Hanlon, Kathy Mitter, Larry Nolte, Joan C. Waites

Design and Layout: Jeff Richards

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Printed in the United States of America

ISBN 978-1-4291-2263-4

Lorenz Educational Press

P.O. Box 802 • Dayton, OH 45401-0802

for other LEP products visit our website www.LorenzEducationalPress.com

<sup>\*</sup>All statistics are based on information from 2010.

<sup>\*\*\*</sup> For further information on pronunciations, research foreign language dictionaries and/or the Internet.

# **Metric Conversions**

The purpose of this page is to aid in the conversion of measurements in this book from the English system to the metric system. Note that the tables below show two types of ounces. Liquid ounces measure the volume of liquids and have therefore been converted into milliliters. Dry ounces measure weight and have been converted into grams. Because dry substances such as sugar and flour may have different densities, it is advisable to measure them according to weight rather than volume. The measurement unit of the cup has been reserved solely for liquid, or volume, conversions.

Conversion Formulas				
when you know	formula	to find		
		when you know	formula	to find
teaspoons	× 5	milliliters	× .20	teaspoons
tablespoons	× 15	milliliters	× .60	tablespoons
fluid ounces	× 29.57	milliliters	× .03	fluid ounces
liquid cups	× 240	milliliters	× .004	liquid cups
U.S. gallons	× 3.78	liters	× .26	U.S. gallons
dry ounces	× 28.35	grams	× .035	dry ounces
inches	× 2.54	centimeters	× .39	inches
square inches	× 6.45	square centimeters	× .15	square inches
feet	× .30	meters	× 3.28	feet
square feet	× .09	square meters	× 10.76	square feet
yards	× .91	meters	× 1.09	yards
miles	× 1.61	kilometers	× .62	miles
square miles	× 2.59	square kilometers	× .40	square miles
Fahrenheit	$(^{\circ}F - 32) \times ^{5/9}$	Celsius	$(^{\circ}C \times ^{9}/_{5}) + 32$	Fahrenheit

## **Equivalent Temperatures**

 $32^{\circ}F = 0^{\circ}C$  (water freezes)

 $212^{\circ}F = 100^{\circ}C$  (water boils)

 $350^{\circ}F = 177^{\circ}C$ 

 $375^{\circ}F = 191^{\circ}C$ 

 $400^{\circ}F = 204^{\circ}C$ 

 $425^{\circ}F = 218^{\circ}C$ 

 $450^{\circ}F = 232^{\circ}C$ 

# **Common Cooking Conversions**

1/2 cup = 120 milliliters

12 fluid ounces = 354.88 milliliters

1 quart (32 ounces) = 950 milliliters

 $^{1}/_{2}$  gallon = 1.89 liters

1 Canadian gallon = 4.55 liters

8 dry ounces ( $\frac{1}{2}$  pound) = 227 grams

16 dry ounces (1 pound) = 454 grams

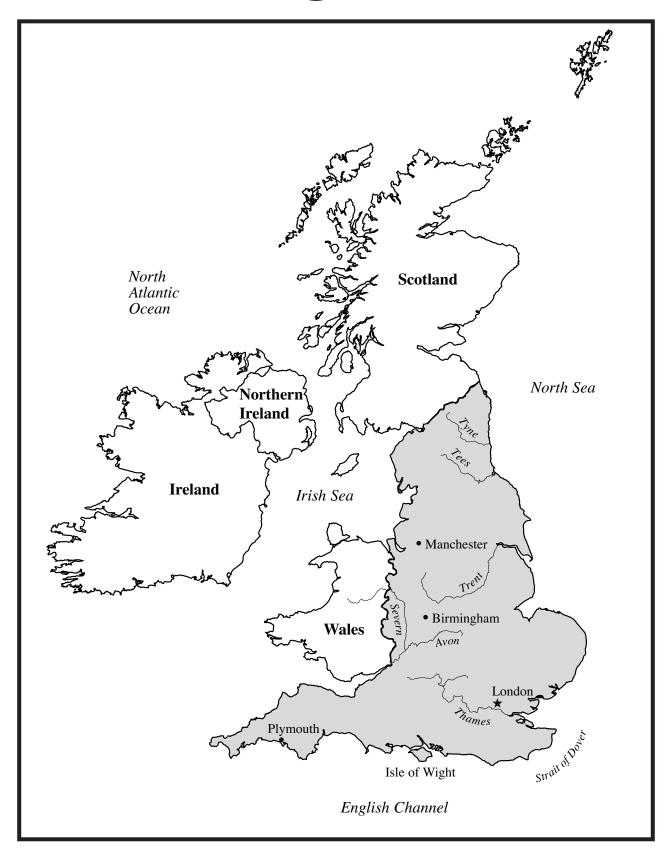
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# **England**



# Welcome to England!

For many centuries England has been one of the most influential and important countries of Europe. In spite of its relatively small size, England has produced many hardy explorers. These adventurers helped to create the world's largest empire, which stretched into many parts of the world. At home, English workers built the first industrial communities in Europe. England joins the smaller countries of Wales, Scotland, and Northern Ireland to form the United Kingdom of Great Britain.



Official Name: England

**Location:** Off the coast of Western Europe (northwest of France), between the Atlantic Ocean and the

North Sea; England is an island that includes roughly one-sixth of north Ireland's land.

**Population:** 61,113,205 (2010 estimate)

Capital City: London

**Area:** 50,400 square miles; England is a little smaller than the state of Alabama.

**Major Language:** English. Many regions have their own dialects, which are frequently used to identify a per-

son's background and social class.

**Major Religion:** Christianity: 71.6 %; though all religions are accepted, the Protestant Church of England

has been the country's official religion since the 1500s.

**Currency:** The English unit of currency is the pound sterling (£), with 100 pence in one pound. Coins

are minted in 1, 2, 5, 10, 20, and 50 pence and 1 pound pieces. Paper currency is printed in 5, 10, 20, and 50 pound notes, which are designed in different sizes and colors and etched with portraits of the queen or other famous historic figures. A pound is often called a "quid" in everyday conversation, much as the U.S. dollar is called a "buck." People often refer to their pound notes, such as tens or fives, as "tenners" or "fivers." The British pound

is worth, on average, between 1.5 and 2 U.S. dollars.

**Climate:** Temperate, due to warm ocean currents and winds; more than half of the year's days are

overcast.

**The Land:** England is characterized by rugged hills and low mountains, with flat and rolling plains in

the east and southeast.

**Government:** A constitutional monarchy with a parliamentary government; Parliament consists of two

chambers: the House of Lords and House of Commons.

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#### Flag:



The Union flag, which combines the red cross of England's St. George, the Scottish diagonal blue and white cross of St. Andrew, and the Irish red diagonal cross of St. Patrick; when flown on an English ship it is often called the "Union Jack."

**Royal Banner:** The banner contains the royal arms of England, three golden lions arranged vertically.

The lions have blue tongues and claws, and are set against a deep red background.

**National Flower:** Rose

**Motto:** "God and my right"

#### **Natural Environment**

England, one of the smallest countries of Europe, was once part of the mainland. At the end of the last Ice Age, temperatures warmed and ice began to melt. This caused flooding, which covered the shallow shelf that is now the North Sea to the east and the English Channel to the south. England, Scotland, and Wales became an island with a jagged coastline. No part of England is more than 70 miles from the coast. The Isle of Wight near the southern coast is the most important English offshore island. A strait called the Solent separates the island from the mainland.

The Straight of Dover became the scene of a historic rescue mission during World War II. Over 350,000 Allied soldiers were trapped in Dunkirk, a city on the French coast opposite Dover. Germany staged a massive air strike on the unprotected troops. The English, using all sorts of crafts—yachts, cruisers, row boats, destroyers, and gunboats—rushed to Dunkirk to evacuate the soldiers. Most of the troops were saved by the operation, which lasted three days and was later called "one of the best-ordered military movements in history."

England's lowland area covers the central, southern, and eastern parts of the country. Much of the soil has generous amounts of limestone and chalk. This chalk forms the famous White Cliffs of Dover. The western coast of the country extends to the tip of Cornwall and Land's End.

Much of the fertile land is used for farming and yields wheat, barley, oats, beets, and potato crops. The highland area includes the hills along the Welsh border, the Pennine mountain range to the north, and the beautiful "Lake District," which inspired the work of many poets and authors, such as William Wordsworth and Samuel Taylor Coleridge. Lake Windermere is the largest of the 16 lakes.

Industrial cities have developed near large coal and iron ore mines. England's rivers are the main industrial shipping routes that bring products to the coasts. The Thames and Severn rivers are the longest. Others are the Tyne, Tees, Avon, and Trent rivers.

The fishing industry off the east coast brings cod, haddock, herring and mackerel to the cities. Cockles, mussels, and other small fish are also sold from barrows in the cities.

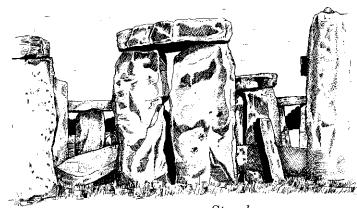
Since the 1970s, oil and gas fields in the North Sea have helped England meet its own energy needs. Some of the country's electricity has been generated by nuclear power since 1988.

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The many forests and wooded areas provide habitats for deer, otters, rabbits, songbirds, and the endangered owl. Fox hunting remains a royal pursuit. Cattle, sheep, pigs, and poultry are raised on the farms.

### **UNESCO World Heritage Sites in England**

England has a long list of UNESCO World Heritage Sites, which isn't surprising, given the country's long history. Stonehenge, a gathering of earthworks and standing stones that dates back thousands of years, is one such site. Other sites around the country include the Tower of London, the cities of Bath and Liverpool, and the ruins of Hadrian's Wall.



Stonehenge

#### In Your Classroom

Show the students a large scale map of England. Point out the mountain ranges, forests, and rivers. Ask them to compare its size and location to the United States. For example, both of them are part of a larger land mass.

Using plaster of Paris, or a mixture of flour, water, and salt, help students make a relief map of England. Have students use the map to explain the importance of rivers in English commerce. Do England's largest cities have access to major water routes?

Ask students to research "Robin Hood," who lived in Sherwood Forest. Was he real? Was the story based on truth?

Locate the "White Cliffs" of Dover. Have students discover why they are white. Listen to or sing traditional songs related to England, such as "The White Cliffs of Dover."

Show students photos of English paper money or have real currency available. Ask them to design their own paper money. What color would they use? How much would it be worth? What picture would it feature—a family name, symbol, or local landmark?

Ask students to look up the terms "moor" or "heath." Read *Hound of the Baskervilles*, by Arthur Conan Doyle, or *Jane Eyre*, by Charlotte Brontë, both of which are set on a moor, or *King Lear*, by William Shakespeare, much of which takes place on a heath.

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### **Early History and Occupations**

In prehistoric times, England was a country of thick forests, dank swamps, and barren land. Its earliest inhabitants were known as Beaker people because of their pottery skills. They crossed the sea from the Iberian Peninsula and North Africa and arrived about 3000 BCE Many centuries later, tribes of Celts came from central Europe. "Stonehenge," a mass of gigantic stones set in a circle, dates from 1500 BCE and was likely used for religious ceremonies.

When the Romans arrived, Boudicca, the female leader of the Celts, unsuccessfully tried to drive them out. Hadrian was the Roman ruler from CE 117—38. As a defense from Northern tribes he built Hadrian's Wall, which stretched across northern England from the Solway Firth to the Tyne River. Its length was about 75 miles.

The Romans brought Christianity and peace to the country. The monk Augustus became the first Archbishop of Canterbury. When the Romans returned home to protect their own country in CE 400, Germanic tribes—Angles, Saxons, and Jutes—invaded and settled. Alfred the Great, the Anglo-Saxon king from CE 871–899, had the monks draw up a code of written laws.

Viking warriors began a series of attacks in later centuries. They conquered and settled every area but Wessex. Alfred drove them out, but they eventually returned. The Normans, in 1066, under William the Conqueror, invaded, conquered, and united England. William's religion, Catholicism, became widespread among the English.

## The Many Monarchs of England

Democratic ideals began to strengthen in the next centuries. In 1215 King John was forced to sign the Magna Carta (Great Charter), which promised certain rights to all free men. Under the rule of Henry III, Simon de Montfort formed a council which became Parliament. In the 1300s the country waged a series of battles with France, known as the Hundred Years War. As a result, England lost all of its land possessions in France except Calais.

Under Henry VI's reign in the 1400s the nobles divided into two groups: the House of Lancaster and the House of York. When Yorkist King Edward died in 1483, his brother, Richard of York, seized the throne. Henry Tudor unseated Richard in 1485, married Elizabeth of York to end the feud, and ruled until 1509.

His son Henry VIII succeeded to the throne. In the early 1500s Henry wished to divorce his wife, but could not under Roman Catholic laws. So he formed his own religion, the Church of England. He married six times, divorcing or even executing most of his wives. As a result, the country was divided between two religions, Catholic and Protestant.

During the reign of Henry's daughter, Elizabeth I, the country prospered. England's naval forces defeated the huge Spanish Armada, sent to conquer England in 1588. In 1625 Charles I became King. He ignored Parliament, raised taxes, and made life difficult for religious groups like the Puritans. Oliver Cromwell, a Puritan, led an army against Charles' forces in 1642 and defeated them. Cromwell became the Lord Protector of the Republic. After Cromwell died in 1658, the Republic fell apart.

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