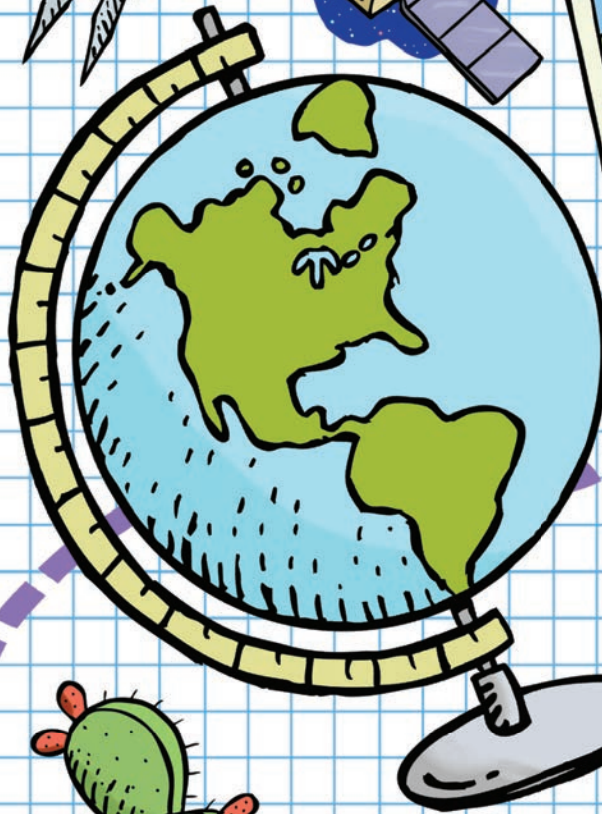
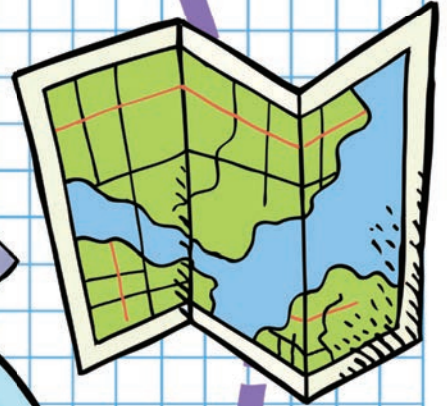
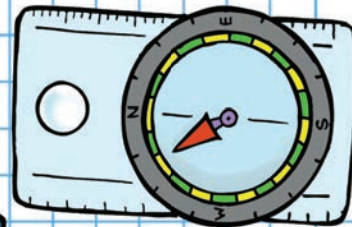
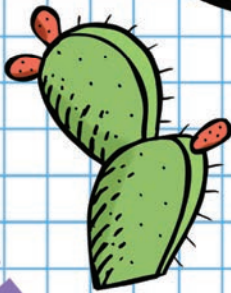


ADVENTURES IN GEOGRAPHY

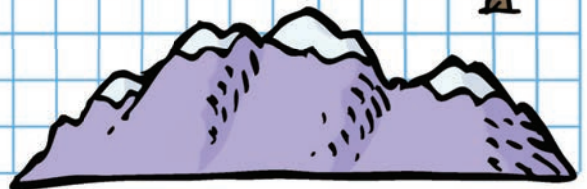


GRADE

5



United
States
Studies



This Book Belongs To:



Credits

Authors of the Activity Book

Gale Olp Ekiss (gbekiss@aol.com), Carol Carney Warren (cwarrenaz@gmail.com),
Heather L Moll (Heather.Moll@asu.edu) and Cheryl Wiens (cheryl.wiens851@gmail.com).
Teacher Consultants, Arizona Geographic Alliance

Editor

Heather L Moll (Heather.Moll@asu.edu)
Co-Coordinator, Arizona Geographic Alliance

Cover Illustration

Mark A Hicks (www.markix.net)
Illustrator

Other Images, Illustrations and Sources

Page 1, 13, and 14

Mountain Illustrations were provided courtesy of Mark A Hicks, Illustrator (www.markix.net)

Page 3

Sources <https://www.nationalgeographic.org/encyclopedia/divide/> and <https://en.wikipedia.org/wiki/River>

Page 6

Primary source

Harris, B. B. *The Gila Trail: The Texas Argonauts and the California Gold Rush*. Edited by Richard H. Dillon.
Norman: University of Oklahoma Press. (1960). Pages 77-78.

Page 9

Answer image National Park Service/Alice Wondrak Biel <https://npgallery.nps.gov/AssetDetail/e5436165-6b1e-43ee-9ce2-b08068f0eccf>

Pages 15 and 16

Sources Oregon or Bust lesson by Gretchen Loken, <https://geoalliance.asu.edu/node/201>

National Parks Service <https://www.nps.gov/oreg/index.htm>

Photos <https://www.blm.gov/learn/interpretive-centers/national-historic-oregon-trail-interpretive-center>
<https://www.nps.gov/articles/000/fourth-of-july-on-the-overland-trails.htm>

Pages 1, 2, 3, 4, 5, 6, 7, 8, 9, 11, 13, and 16

Maps created by Arizona Geographic Alliance geoalliance.asu.edu

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that made these activity booklets possible.

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Regions of the United States

A region is an area of land that has common features. Regions can be defined by special features such as language, religion or climate. They can also be grouped by physical features with a natural border separating them from different physical features or based on their geographic position in a continent or country. In this activity, you are going to look at regions in the United States in these two ways: physical features and geographic position.

Physical Regions of the United States

You may have traveled across our country through a book, by video, or in person. So you know that the U.S. has mountains, deserts, plains, rivers and plateaus between two great oceans. Do you know just where these physical features are located?

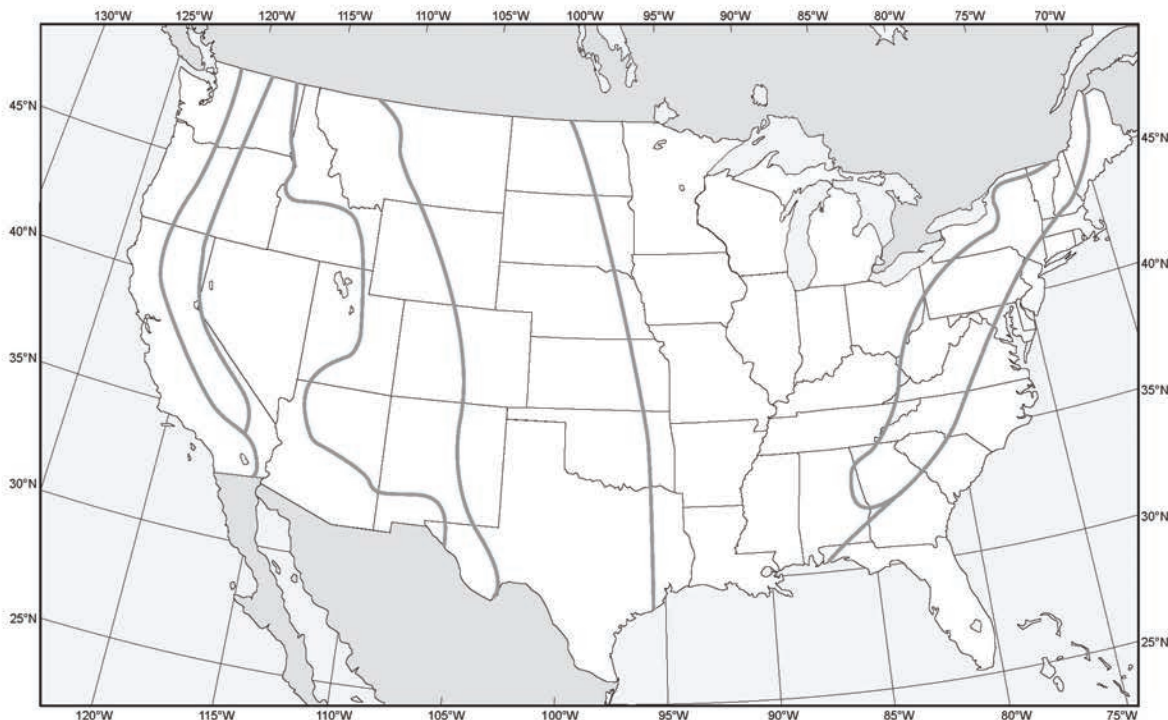
Do This: Identify the 8 physical regions of the United States as shown on the map by giving each region a color on the key and then using the key to color the map.

Hint: Use the region names as a clue.

Appalachian Mountains	<input type="checkbox"/>	Mississippi River and Great Lakes	<input type="checkbox"/>
Atlantic Coastal Plains	<input type="checkbox"/>	Pacific Coast	<input type="checkbox"/>
Great Basin	<input type="checkbox"/>	Rocky Mountain and Plateaus	<input type="checkbox"/>
Great Plains	<input type="checkbox"/>	Sierra Nevada and Cascade Mountains	<input type="checkbox"/>



Physical Regions of the United States



In which region do you live? _____

Regions of the United States

Geographic Regions of the United States

Another very common way to look at regions in our country is by grouping states into 5 regions by their geographic location on our continent. The names Northeast, Southeast, Midwest, Southwest, and the West are often used in stories, news reports and geography classes in school. The regions may have some physical or cultural likenesses but the main reason for grouping them is their location.

Do This: How would you divide the U.S. into 5 regions using the names above? Add a color for each region in the key below. Use those colors in the key to shade in your regions. **Hint:** Use the compass rose to help with directions.



<input type="checkbox"/>	West	<input type="checkbox"/>	Southeast	<input type="checkbox"/>	Midwest
<input type="checkbox"/>	Southwest	<input type="checkbox"/>	Northeast		

1. Which region's border was most difficult to identify? _____
2. In which region do you live? _____
3. How do your regions compare to the 5 regions identified by the map on page 12 of this booklet?

The Continental Divide

Throughout history, people have used rivers for food, fresh water, travel, and transporting goods. A river is a natural running waterway which flows towards an ocean, sea, lake or another river; unless it becomes dry before it reaches another body of water. There is a reason rivers flow in the direction they do. Rivers flow in a path from a higher elevation to a lower one. A river begins at its **source**, flows along its **course** to a lower level of elevation, and ends at its **mouth** where it joins another body of water. It can even flow north, as long as it flows down to a lower elevation. **Read the title of the map below.**

The United States, its Major Rivers, and the Continental Divide



Mountains of the Continental Divide separate the river systems that drain west into the Pacific Ocean from those that drain east into the Atlantic Ocean (and Gulf of Mexico). Most of the divide in the U.S runs along the Rocky Mountains. The entire Divide extends all along North America through Central and South America.

Do This:

1. Color the Continental Divide in green.
2. Label the Atlantic and Pacific Oceans and the Gulf of Mexico.
3. Color in purple, all the rivers that empty into the Pacific Ocean.
4. Color in blue, all the rivers that empty into the Atlantic Ocean or the Gulf of Mexico.
5. Circle the name of one river whose course runs north from the Divide.

From Sea to Shining Sea

United States (1787)



1

The United States - 1803



2

The United States - 1819



3

The United States - 1845



4

The United States - 1848



5

The United States - 1853



6

Westward Migration -- The Oregon Trail

The Oregon Trail is a great example of how in the past, the geography of the United States both helped and didn't help the migration of settlers from the eastern side of our nation to the western side. Before the 1800s, Native Americans lived and traveled throughout this region. The first white man to use this route was Robert Stuart, a fur trader. He began his journey in St. Louis in 1810 and traveled 10 months to reach the British-owned Oregon territory. After this, white settlers began to journey from the eastern United States to the Oregon territory following his route. Eventually, thousands of Americans used the Oregon Trail to settle in the region, drawn west by cheap land or the promise of a better life. Due to the large American migration to the area, Great Britain signed a treaty ceding (turning over) the Oregon territory to the United States in 1846.

Many travelers coming from northeastern United States used the Marshall Route to get to Independence, Missouri, the beginning of the Oregon Trail. Other travelers coming from different parts of the U.S. joined at points along the route or used other known trails to get to Independence. **Do This:** On the Oregon Trail map, put a 1 next to Sidney, New York, and color the Marshall Route green.

The weather along the Oregon Trail affected traveling conditions. It was very important to leave at the right time of year. If the settlers left too early in the spring, there would not be enough grass on the prairie to feed their livestock. If they left too late in the spring, they could be trapped in winter snows near the end of the trip. Travelers usually left in May and hoped to reach Oregon by October. **Do This:** Put a 2 on the Oregon Trail map marking the beginning point of Independence, Missouri.

The geography of the land impacted the way people could travel from Independence to Oregon City, Oregon. It took travelers 6 months to make the 2200-mile journey. Each wagon train headed west from Independence for 200 miles across the tall prairie grasslands of the Great Plains. In some places, the grass was so tall, men had to stand on the backs of horses or oxen to see ahead. They crossed the prairie until they came to Fort Kearney and the Platte River. Fort Kearney was the first of three trading posts on the trail. At Fort Kearney they could rest for a few days, get more supplies, and post letters. They then followed the Platte River for the next 450 miles. The Platte was a wide, brown river that was too muddy for drinking or bathing. Along the Platte River, the prairie grass was much shorter. There were also fewer trees, so the travelers had to use buffalo dung for fuel in their fires. **Do This:** On the Oregon Trail map, put a 3 on the Platte River next to the trail. Then color the Platte River brown as it follows along the trail.

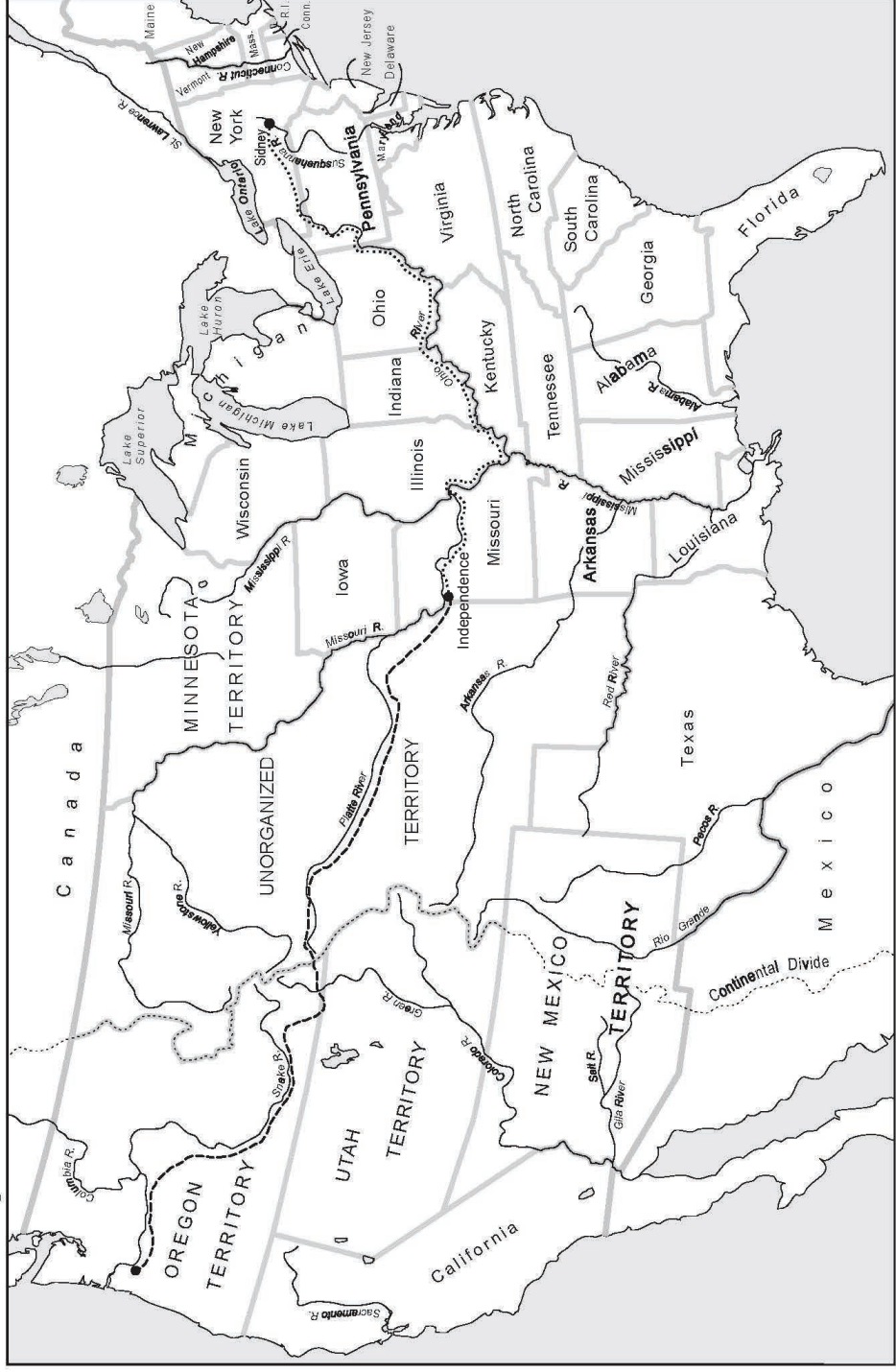
After 650 miles, the travelers reached Fort Laramie and would soon begin their climb into the Rocky Mountains. About 250 miles from Fort Laramie they arrived at Independence Rock, the halfway point of their trip. After, Independence Rock they began the gradual winding, gentle climb into the Rockies across South Pass. In the mountains, they faced hot summer days with possible thunderstorms and hailstorms followed by cold nights. Upon leaving the mountains, they met the glaring, hot sun of the dry, dusty Great Basin Desert until reaching Fort Hall, 1,200 miles along the trail. **Do This:** On the Oregon Trail map, color the Continental Divide orange as it crosses the United States. Put a 4 on the map at the spot in the Divide where they had to go up and then down the Rocky Mountains.



Westward Migration -- The Oregon Trail

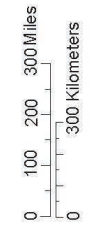
Settlers continued northwest along the rugged, rock ledges of the Snake River canyon making a difficult climb over the Blue Mountains. At times the land was so steep that wagons had to be taken apart and hauled up one side and then lowered inch by inch down the other side by rope. **Do This:** On the Oregon Trail map, put a 5 on the Snake River near the trail. Color the Snake River (to where it flows into the Columbia River) blue. After crossing the Blue Mountains, the travelers moved west along the Columbia River for 200 miles to a settlement called The Dalles. Here the final stretch of the journey to Oregon City through the Cascade Mountains began. This was a narrow trail lined with thick trees. The downhill parts were so steep and slippery that it was hard to keep the wagons and oxen from sliding off the trail. The settlers tied big logs on the back of the wagons to act as brakes. They might also have to cross snowbanks in the Cascade Mountains. Upon leaving the Cascade Mountains they were at their destination, the rich farmlands of the Columbia River valleys. **Do This:** On the Oregon Trail map, put a 6 on the Columbia River in the Cascade Mountains near the end of the trail. Color the Oregon Trail from Independence, Missouri to Oregon red.

The Oregon Trail



- Do This:** Answer the following questions:
1. Why did most of the Oregon Trail follow rivers?
 2. Why would most of the people going to Oregon use this trail instead of going through Texas, the New Mexico Territory and then north?

3. If you had lived then, would you be willing to make the journey? Why or why not?



Where is my State

Have you ever wondered how mapping programs used on the phone or in the car work? Well, they work because satellites are actually locating the phone or the car. The way they locate these is by using a grid system called latitude and longitude. Latitude lines are imaginary lines that run horizontally (\longleftrightarrow) around the Earth. One line is not enough. It takes two lines to find a phone or a car (\updownarrow). The vertical line (\updownarrow) is called longitude.

Do This: Use this map to locate the states by finding the latitude first with a finger on your left hand. Then use a finger on your right hand to locate the longitude line. Move your fingers so they touch. Where the two lines connect (intersect) is the state you are looking for. If you need help understanding what to do, watch the YouTube video at: <https://www.youtube.com/watch?v=MDRIXoZKEEo>

- | | | |
|---------------|---------------|--------------|
| 1. Augusta | 4. Boston | 7. Trenton |
| 2. Montpelier | 5. Hartford | 8. Dover |
| 3. Concord | 6. Providence | 9. Annapolis |

The United States and Capitals (with Latitude and Longitude)

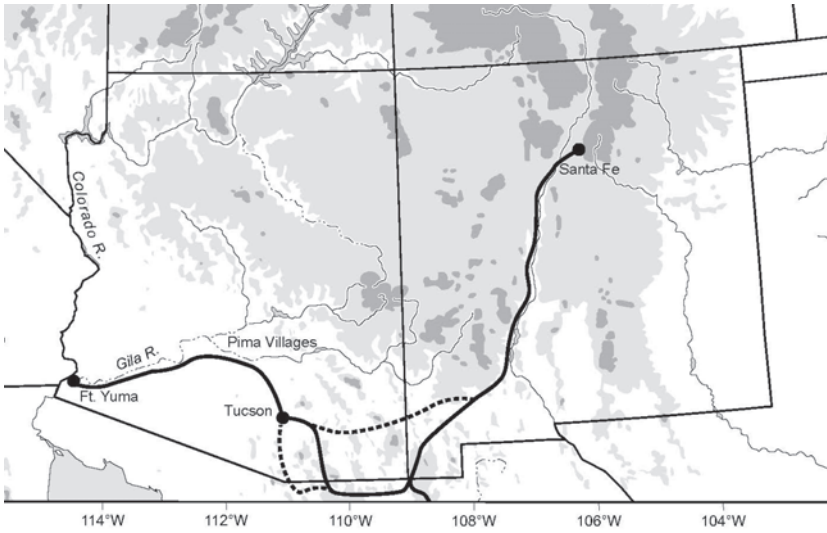


What state is located at:

- 1. 40°N and 105°W _____
- 2. 35°N and 110°W _____
- 3. 40°N and 90°W _____
- 4. 35°N and 95°W _____

- 5. 30°N and 100°W _____
- 6. 45°N and 95°W _____
- 7. 40°N and 80°W _____
- 8. 45°N and 70°W _____

A Desert Treasure



This map shows the Gila Trail, part of the Southern Overland Trail that some American gold seekers followed in the California Gold Rush of 1849. The trail crosses present-day New Mexico and southern Arizona. In Arizona they traveled through the Sonoran Desert with its many unusual plants and animals. Most people traveling on the trail did not know about the desert, so when they saw something unusual they often wrote descriptions of what they saw in a diary or journal. Their writings tell us what some of the first American travelers crossing Arizona thought of the land.

Do This: Read this primary source entry from the journal of Benjamin Butler Harris, one of the earliest travelers in 1849. Then in the box below, draw and color a picture of the item as he described it. Lastly, create and color a desert background.

"Next day, on a bench [mesa] to the left, I thought I had found a desert treasure in the shape of a pillar standing amid ruins. Approaching, I could not but admire its tall, columnar, beautifully tapering shaft, with two graceful arms pulling out opposite to each other.

Nearer, I noticed it was elaborately fluted and carved with long shiny spines protruding 'like quills of fretful porcupine.' When presto!, it was found to be a subject of the vegetable kingdom, it came upon my mind as a natural wonder, an astonishing 'what-is-it?'"

Benjamin Butler Harris, 1849



What was he describing? _____

U.S. Presidents

How important is your background in shaping you and the decisions you make? Would growing up in Arizona, Iowa, or New York make a difference in how you think and what you value? Probably.

This is a list of U.S. presidents naming the state where they lived when they were elected President. Would having a President from that part of the country make a difference in his/her goals and actions regarding the U.S.? Let's see how different parts of the nation have been represented in the White House.

Do This: Make a choropleth map. A choropleth map uses color to show value. The darker the color, the more of an item (people, resource, or characteristic) it represents. For example: White would mean no Presidents have come from that state. Light blue might mean 1 President came from that state. Medium blue might mean 3 Presidents came from that state. Dark blue might mean more than 5 Presidents came from that state. Choose any ONE color and use it to make a choropleth map (light color to a dark color) by indicating how many presidents represented each state. Be sure to make a legend showing how many Presidents your color would represent on the map provided.

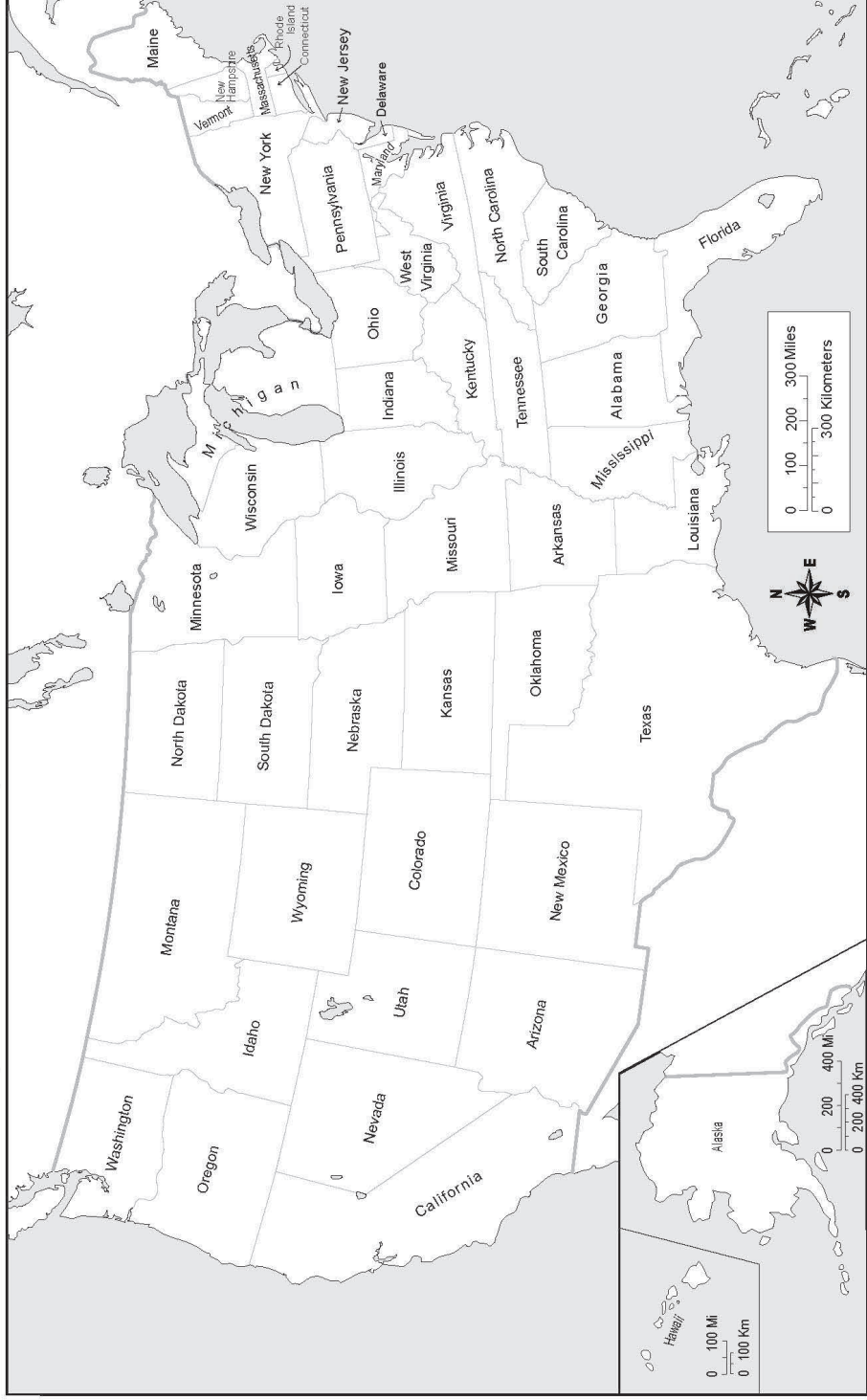
Note: Donald Trump was the last President at the time of printing. Research any additional U.S. Presidents and add them.

George Washington	Virginia	Benjamin Harrison	Indiana
John Adams	Massachusetts	William McKinley	Ohio
Thomas Jefferson	Virginia	Theodore Roosevelt	New York
James Madison	Virginia	William H. Taft	Ohio
James Monroe	Virginia	Woodrow Wilson	New Jersey
John Quincy Adams	Massachusetts	Warren G. Harding	Ohio
Andrew Jackson	Tennessee	Calvin Coolidge	Massachusetts
Martin Van Buren	New York	Herbert Hoover	California
William Henry Harrison	Ohio	Franklin D. Roosevelt	New York
John Tyler	Virginia	Harry S. Truman	Missouri
James K. Polk	Tennessee	Dwight D. Eisenhower	Kansas
Zachary Taylor	Kentucky	John F. Kennedy	Massachusetts
Millard Fillmore	New York	Lyndon B. Johnson	Texas
Franklin Pierce	New Hampshire	Richard Nixon	California
James Buchanan	Pennsylvania	Gerald Ford	Michigan
Abraham Lincoln	Illinois	Jimmy Carter	Georgia
Andrew Johnson	Tennessee	Ronald Regan	California
Ulysses S. Grant	Illinois	George H. W. Bush	Texas
Rutherford B. Hayes	Ohio	Bill Clinton	Arkansas
James Garfield	Ohio	George W. Bush	Texas
Chester A. Arthur	New York	Barack Obama	Illinois
Grover Cleveland	New York	Donald Trump	New York

U.S. Presidents

1. Which state is the home state for the most Presidents? _____
2. Is your state a home state for any President? _____
3. How many Presidents have home states west of the Mississippi River? _____
4. Have more Presidents come from home states east or west of the Mississippi River? _____
5. What is one reason why more Presidents may have come from this part of our nation? _____

The United States (with state names)



Legend

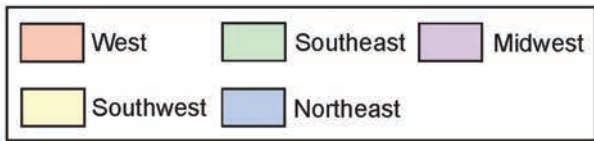
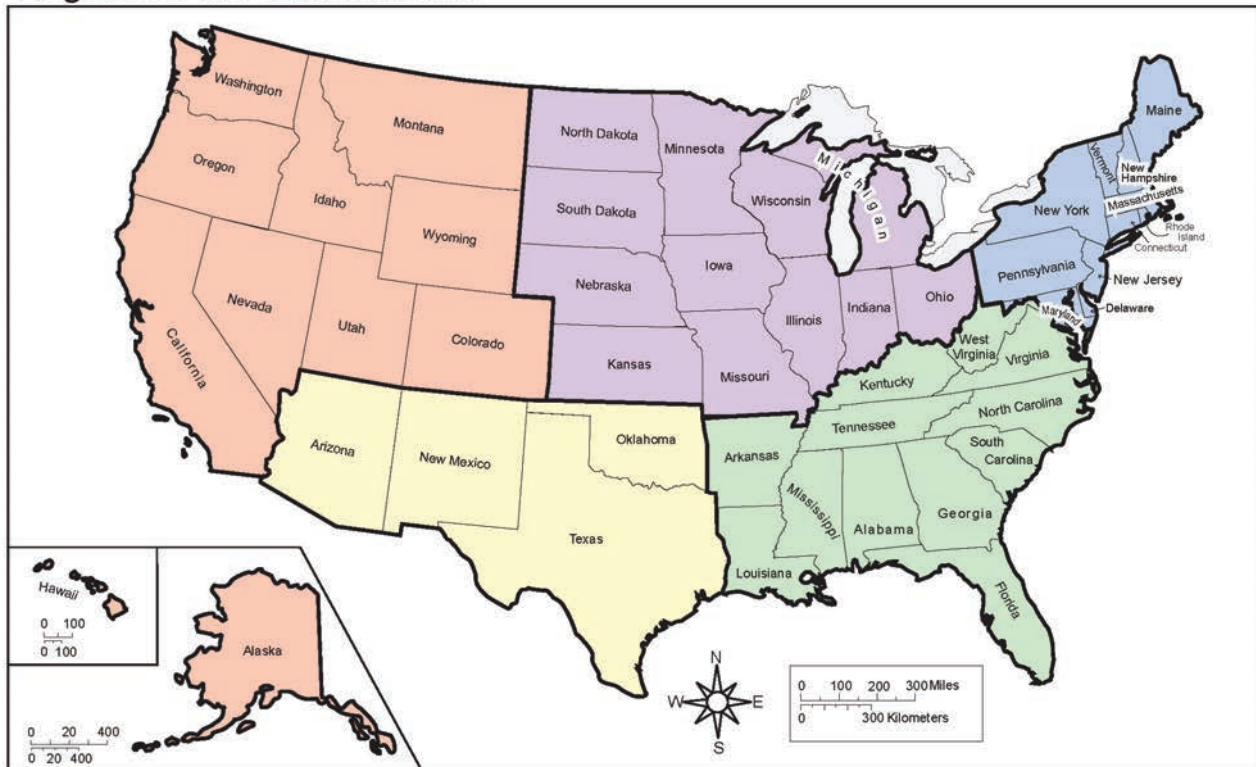
What's for Lunch?

Look at the map of the United States showing its five regions

1. Write the five regions here:

Each of these regions grows food or processes food products that define that region's economy and give the region a "flavor." Having regional food specialties provides us with a variety of menu choices for people all across our nation.

Regions of the United States



Courtesy: Arizona Geographic Alliance <http://geoalliance.asu.edu/azga>
School of Geographical Sciences and Urban Planning
Arizona State University
Cartographer Becky L. Eden US_Regions_Teacher_Key.PDF03



US Regions and Their Foods

West-potatoes, fish, shellfish, fruits, vegetables, lettuce, broccoli, cantaloupes, grapes, strawberries, peaches, almonds, figs, nectarines, lemons, plums, beef, lamb or mutton, dairy, walnuts, tomatoes, pistachios, beans, sugar, potatoes, pineapples, macadamia nuts, peppermint, spearmint, lentils, chickpeas, cherries, apples, apricots, chicken, turkey, salmon, tuna, crab, octopus, and fish

Southwest-blue corn, beef, water, lettuce, cabbage, spinach, cantaloupe, peanuts, rice, chili, corn, wheat, potatoes, lemons, sorghum, tangerines, onions, pinto beans, grapes, lamb or mutton, crabs, oysters, shrimp, and lobsters

What's for Lunch?

Southeast-Tabasco sauce, hot peppers, rice, corn, fruits, sugar, peanuts, sweet potatoes, beans, squash, and citrus

Northeast-fish, lobsters, crabs, oysters, clams, cranberries, tomatoes, potatoes, corn, cabbage, green beans, onions, and squash, maple syrup, pretzels, and maple candy



Midwest-milk, cheese, ice cream, butter, yogurt, corn, corn chips, tortillas, popcorn, cereal, wheat, pasta, bread, cakes, cookies, beef, and pork



What would you select for your lunch from the menu below?

Example of a Typical School Lunch Menu

Entrée: peanut butter and jelly sandwich or hamburger and French fries or beef taco salad

Salad Bar: lettuce salad or fruit salad

Beverage: milk or fruit juice



Write your menu here. You should have one entrée, one salad, and one beverage. From the list of regional foods, find which region of the country your food item (or parts of it) came from.

My items:

Example: lettuce salad

US Region:

Southwest



Still hungry? Use the weekly grocery ads from the mail, the newspaper, or find the grocery store's weekly advertisement online. Using a region different from the one you live in, cut and paste a collage of the products for school lunches from that region on a separate piece of paper. You could also use your own illustrations.

Eating Across America

The United States is made up of many different cultures. Some of the foods we eat have a cultural background in one of the U.S. regions. Let's learn about some fun food dishes.

Do this: Identify which region you think this food dish is most popular or where it began.

Northeast = NE Southeast = SE Midwest = MW Southwest = SW West = W

1. Biscuits and Gravy (soft dough biscuits split into half and topped with white gravy) _____
2. Cheese Crisp (flour tortilla with melted cheese on top) _____
3. Boston Baked Beans (beans sweetened with syrup and flavored with pork) _____
4. Cheese Straws (baked snack flavored with cheese and shaped like a French fry) _____
5. City Chicken (cubes of pork on a wooden stick and fried or baked) _____
6. Spam Musubi (grilled Spam on a rice ball and held together with a strip of seaweed) _____
7. Scrapple (a mush of pork combined with cornmeal and flour) _____
8. Runza (a hand-held meat pie filled with ground beef and cabbage) _____
9. Chicken and Waffles (fried chicken served with a waffle) _____
10. Chantilly Cake (chocolate cake with frosting) _____
11. Sonoran Hot Dog (hot dog wrapped in bacon and topped with pinto beans and onions) _____
12. Funeral Potatoes (casserole of hash brown potatoes, cheese, cream soup, corn flakes) _____
13. Red Beans and Rice (kidney beans cooked with spices, vegetables, ham, & rice) _____
14. Cobb Salad (salad greens, bacon, chicken, hard-boiled egg, and avocado) _____
15. Waldorf Salad (apples, celery, and walnuts mixed with mayonnaise) _____
16. Lobster Roll (lobster meat on a hot dog bun) _____
17. Pork Tenderloin Sandwich (pork cutlet that is breaded and fried on a bun) _____
18. Chiles Rellenos (a roasted pepper stuffed with cheese and fried in an egg batter) _____

Eating Across America

Try This: Look for a recipe in a cookbook or online for one of the food dishes on page 15.
With your family's cooperation, make this recipe.
List the steps below!

Dish name: _____

Ingredients

Recipe Steps

Draw a picture of your dish

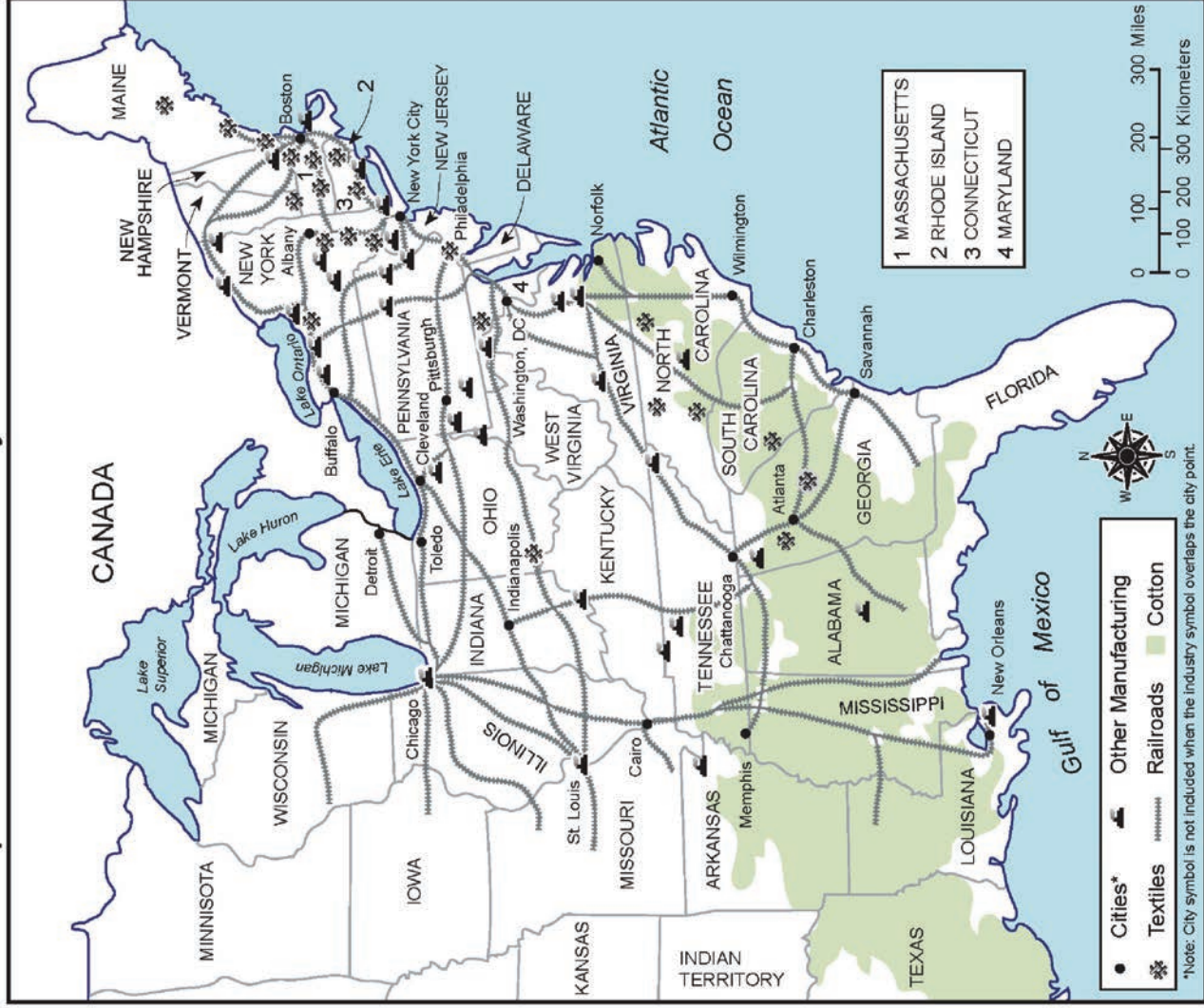
Did you like your dish? Why or why not?

Gaining Information from a Map

Transportation and Industry in the US in 1860

Maps give us much information in a visual way. If someone were to describe what is on this map, it would be a very long paragraph or maybe even a page of information. Let's see what you can learn from the map. **Answer the following questions:**

1. Do Pennsylvania and North Carolina have other manufacturing industries?
2. Is there a railroad in West Virginia at this time?
3. How many textile factories are in Alabama?
4. How far is Chattanooga, TN from Pittsburg, PA?
5. What crop is grown in the green shaded area?
6. How many lakes are labeled on the map?
7. What direction is Washington, DC from Wilmington, NC?
8. What body of water is south of New Orleans?



Answer Key

Page 1

Physical Regions

1. Northeastern Arizona students live in the Rocky Mountains and Plateaus Region. Western and Southern Arizona students live in the Great Basin Region.



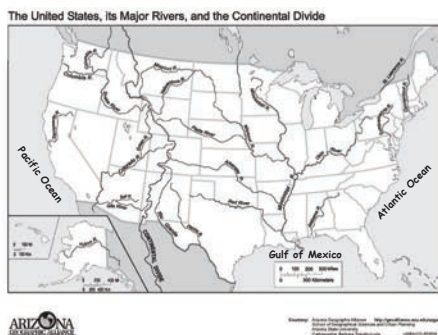
Page 2

Compare your map to the map on page 12.

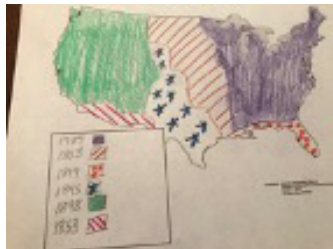
1. Answers will vary
2. Arizona is in the Southwest Region

Page 3

1. Dotted line should be green
2. Oceans and Gulf as shown on map
3. All rivers flowing to the left of the Continental Divide should be purple.
4. All rivers flowing to the right of the Continental Divide. Not all rivers start in the Continental Divide. The sources of some rivers are in other mountainous areas (such as the Appalachian Mountains.) They should also be traced in blue.
5. Possible answers: Missouri, Snake or Yellowstone Rivers

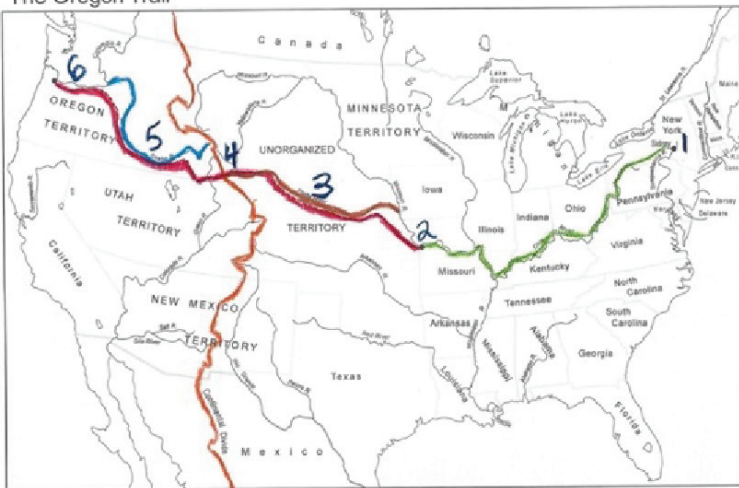


Page 4



Page 7

The Oregon Trail



1. Rivers provided water for drinking and bathing.
Rivers provided water for livestock and other animals on the journey.
2. Oregon Trail was shorter than many other routes.
3. Answers will vary.

Page 8

1. Colorado
2. Arizona
3. Illinois
4. Oklahoma
5. Texas
6. Minnesota
7. New York
8. Maine

Page 9

Saguaro Cactus



Page 11

1. New York
2. Answers may vary but for AZ (0)
3. 9
4. East
5. There are more people in this part of our nation. The east is the oldest part of our nation. There are more states in the eastern part of our nation.

Map Coloring Key: (Since students are making their own legends, answers will be different for each map but the numbers are listed below.)

- New York 7
- Ohio 6
- Virginia 5
- Massachusetts 4
- California 3
- Illinois 3
- Tennessee 3
- Texas 3
- Georgia 1
- Indiana 1
- Kansas 1
- Kentucky 1
- Michigan 1
- Missouri 1
- New Hampshire 1
- New Jersey 1
- Pennsylvania 1

Page 12

- West
- Southeast
- Midwest
- Southwest
- Northeast

Page 14

1. SE
2. SW
3. NE
4. SE
5. MW
6. W
7. NE
8. MW
9. SE
10. W
11. SW
12. W
13. SE
14. W
15. NE
16. NE
17. MW
18. SW

Page 16

1. Yes
2. Yes
3. 0
4. About 500 miles
5. Cotton
6. 5
7. North
8. Gulf of Mexico



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