

# All About Nepal

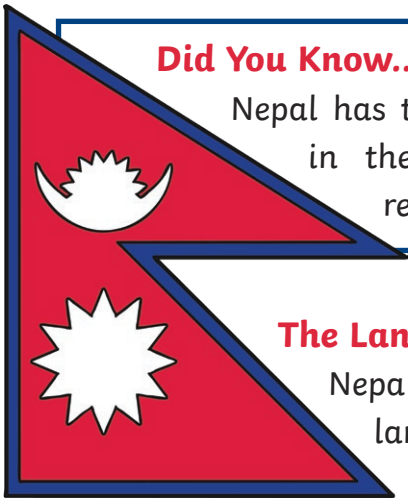
Nepal is in the continent of Asia. It is landlocked, which means it is surrounded by other countries. It has China to the North and India to the East, South and West.

Nepal is situated along the southern slopes of the Himalayan mountain ranges. The capital city is Kathmandu. Its population is approximately 29 million. The official language of Nepal is Nepali and is spoken by about half of the population.



## Did You Know...?

Nepal has the only national flag in the world that is not rectangular or square!



## The Landscape

Nepal contains some of the most rough and rugged mountain landscape in the world. Roughly 75% of the country is covered by the Himalayan mountains.



The highest mountain is Mount Everest, which is also the world's highest peak. It is named after Sir George Everest, who was a British geographer.

Everest and Nuptse are on the left and Ama Dablam peak is on the right.

## Wildlife

- The forests of Nepal are home to tigers and leopards and many deer.
- The valleys in south-central Nepal are one of the last homes of the great Indian rhinoceros.
- There are many protected mammal species in Nepal, including snow leopards, red pandas and Bengal tigers.

## Did You Know...?

It is illegal to slaughter cows in Nepal.



- Cows are considered sacred in Nepal. They can be seen wandering in the streetseverywhere.
- Yaks live high up in the mountains and are usually used for carrying things.

Cows can be seen wandering around the streets of Nepal.



## Food Facts

- Rice is grown in Nepal and is usually eaten with every meal.
- Nepal is the third biggest grower of ginger after India and China.
- A traditional meal of Nepal is daal bhat, which is lentil soup, rice and curried vegetables.

## How to eat daal bhat the local way

It is usually eaten with chapati, an unleavened Indian bread or a crispy fried lentil-flour pancake known as papad.

First, you pour the soupy daal onto the rice and mix it into balls with your fingers. You then add a pinch of pickle and vegetables, before shovelling it into your mouth with your right hand.



# Questions

1. Which continent is Nepal in?

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2. What is the official language of Nepal? Tick one.

- ☐ Chinese
- ☐ Kathmandu
- ☐ Nepalise
- ☐ Nepali

3. What percentage of Nepal is covered by the Himalayan mountains? Tick one.

- ☐ Roughly 70%
- ☐ Roughly 75%
- ☐ 25%
- ☐ 50%

4. What is interesting about Nepal's flag?

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5. What mammal species are protected in Nepal? Tick **three**.

- ☐ snow leopards
- ☐ deer
- ☐ red pandas
- ☐ Bengal tigers

6. Number the steps from 1-4 to show the order that occur in.

Add a pinch of pickle and vegetables.

Shovel it into your mouth with your right hand.

Pour the soupy daal onto the rice.

Mix it into balls with your fingers.

7. Would you like to visit Nepal? Give reasons for your answer.

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# Answers

1. Which continent is Nepal in?  
**Nepal is in the continent of Asia.**
2. What is the official language of Nepal? Tick one.
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  - ☐ Nepalise
  - ☒ **Nepali**
3. What percentage of Nepal is covered by the Himalayan mountains? Tick one.
  - ☐ Roughly 70%
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  - ☐ 25%
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4. What is interesting about Nepal's flag?  
**It is the only flag in the world that is not square or rectangular in shape.**
5. What mammal species are protected in Nepal? Tick **three**
  - ☒ **snow leopards**
  - ☐ deer
  - ☒ **red pandas**
  - ☒ **Bengal tigers**
6. Number the steps from 1-4 to show the order that occur in.
  - Add a pinch of pickle and vegetables.
  - Shovel it into your mouth with your right hand.
  - Pour the soupy daal onto the rice.
  - Mix it into balls with your fingers.
7. Would you like to visit Nepal? Give reasons for your answer.  
**Pupils' own responses, such as: I would like to visit Nepal because I would like to see the amazing scenery and wildlife.**

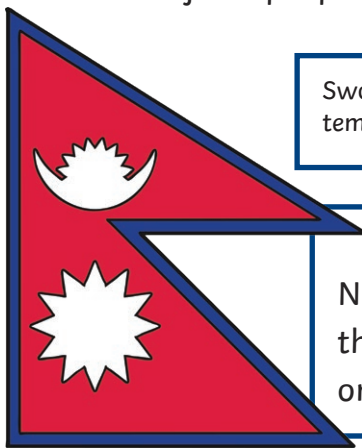


# All About Nepal

The country of Nepal is in the continent of Asia. It borders with China to the North and India to the East, South and West, making it a landlocked country.

Nepal lies along the southern slopes of the Himalayan mountain ranges and is the largest country in the Himalayas. Its population is approximately 29 million. The capital city of Nepal is Kathmandu, also known as the city of temples, with a population of around one million.

The official language is Nepali and is spoken by about half the people living in Nepal.



Swoyambhunath Stupa (part of a temple) in Kathmandu, Nepal

## Did You Know...?

Nepal has the only national flag in the world that is not rectangular or square!



## The Landscape

Roughly 75% of Nepal is covered by the Himalayan mountains. Apart from some scattered settlements in the high mountain valleys, the entire area is uninhabited.

Mount Everest is not only the highest mountain in the Himalayas, but also the highest peak in the world. It was named after Sir George Everest, a British geographer who surveyed much of the area to help accurately map the region. Despite Nepal containing some of the most difficult and rugged mountain terrain in the world, on May 29, 1953 Edmund Hillary and Sherpa Tenzing Norgay climbed the 8,848m summit of Everest. They became the first people to stand on top of the world's highest mountain.



Everest and Nuptse are on the left and Ama Dablam peak is on the right.

## Wildlife

- Tigers, leopards, gaurs (wild ox), occasional elephants and buffalo, and many deer live in the forests of Nepal.
- The valleys of south-central Nepal are one of the last homes of the great Indian rhinoceros.
- There are 26 protected mammal species in Nepal. Snow leopards, red pandas and Bengal tigers are among the endangered animals.
- Yaks live high up in the mountains and are commonly used for carrying things.
- It is illegal to slaughter cows in Nepal because they are considered sacred animals.



Cows can be seen wandering around the streets of Nepal.



## Food Facts

- Rice is grown in Nepal and is an essential food, eaten with every meal.
- Nepal is the third biggest producer of ginger after India and China.
- A staple dish of Nepal is daal bhaat tarkari, which is lentil soup, rice and curried vegetables. It is sometimes eaten with chapati – an unleavened Indian bread, or papad – a crispy fried lentil-flour pancake.

To eat daal bhaat the local way, you pour the soupy daal onto the rice, mix it into balls with your fingers, add a pinch of pickle and vegetables and shovel it into your mouth with your right hand.

## Glossary

**Landlocked** – A country that is surrounded on all sides by one or more other countries.

**Staple dish** – A meal eaten regularly, perhaps even daily.

**Uninhabited** – People do not live there.



# Questions

1. Which two countries do Nepal share a border with?

- \_\_\_\_\_
- \_\_\_\_\_

2. What is the population of Nepal? Tick one.

- ☐ 28 million
- ☐ 29 million
- ☐ 39 million
- ☐ 1 million

3. What is the official language of Nepal and how many people speak it? Tick one.

- ☐ Nepalise, spoken by about half the people
- ☐ Nepali, spoken by about 75% of the people
- ☐ Kathmandu, spoken by about half the people
- ☐ Nepali, spoken by about half the people

4. What is the capital city, Kathmandu, also known as?

\_\_\_\_\_

5. **Apart from some scattered settlements in the high mountain valleys, the entire area is uninhabited.**

Why do you think very few people live in the Himalayan mountainous areas?

\_\_\_\_\_

\_\_\_\_\_



6. Draw three lines to match the animals to the environment where they can be found.

yak

Indian rhinoceros

deer

the south-central valleys  
of Nepal

high up in the mountains  
of Nepal

the forests of Nepal

7. Number the steps from 1-4 to show the order that they occur in.

Add a pinch of pickle and vegetables.

Shovel it into your mouth with your right hand.

Pour the soupy daal onto the rice.

Mix it into balls with your fingers.

8. Would you like to visit Nepal? Give reasons for your answer.

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# Answers

1. Which two countries do Nepal share a border with?

- **China**
- **India**

2. What is the population of Nepal? Tick one.

- ☐ 28 million
- ☒ **29 million**
- ☐ 39 million
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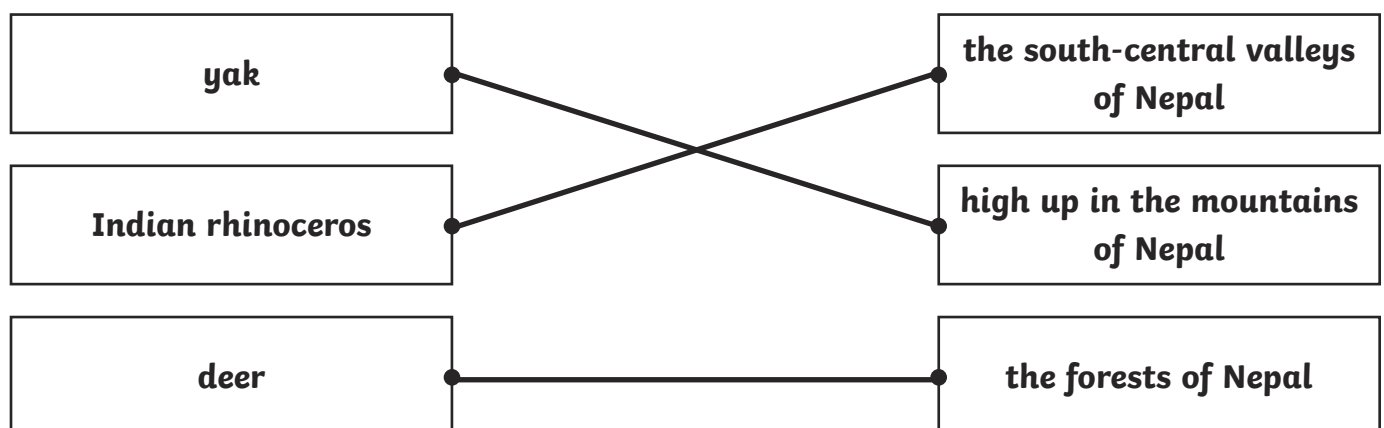
**The capital city of Nepal, Kathmandu, is also known as the city of temples.**

5. Apart from some scattered settlements in the high mountain valleys, the entire area is uninhabited.

Why do you think very few people live in the Himalayan mountainous areas?

**Pupils' own responses, such as: I think that most of the areas of the Himalayan mountains would uninhabited because they would be too steep and rugged, making them impossible to live on, apart from the mountain valleys which would be flatter.**

6. Draw three lines to match the animals to the environment where they can be found.



7. Number the steps from 1-4 to show the order that occur in.

- 3

 Add a pinch of pickle and vegetables.
- 4

 Shovel it into your mouth with your right hand.
- 1

 Pour the soupy daal onto the rice.
- 2

 Mix it into balls with your fingers.

8. Would you like to visit Nepal? Give reasons for your answer.

**Pupils' own responses, such as: I would like to visit Nepal because I would like to see the amazing scenery and wildlife. It also seems very different to the way I live and I think I would learn a lot from visiting.**

# All About Nepal

Nepal is in the continent of Asia and has a population of approximately 29 million.

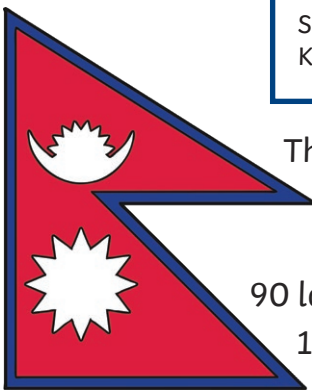
This South Asian country is landlocked and borders with China in the North and India to the East, South and West.

Nepal lies along the southern slopes of the Himalayan mountain ranges and is the largest country in the Himalayas. The capital city is Kathmandu, also known as the city of temples, with a population of around one million.

Unfortunately, Nepal frequently experiences earthquakes. The latest major earthquake in 2015 destroyed many old temples, buildings and monuments.



Swyambhunath Stupa (part of a temple) in Kathmandu, Nepal



The official language of Nepal is Nepali and is spoken by about half the people of the nation. However, there are over 90 languages spoken in Nepal and more than 100 different ethnic groups living there.

## The Landscape

Roughly 75% of Nepal is covered by the Himalayan mountains. Apart from some scattered settlements in the high mountain valleys, the entire area is uninhabited.

Although the landscape is dominated by alpine pastures, other environments also make up Nepal's landscape. These include fertile valleys and temperate forests in the middle hill region and the Tarai plains in the South.

## Mount Everest

Mount Everest is not only the highest mountain in the Himalayan range, but also the highest peak in the world. It was named after Sir George Everest, a British geographer who surveyed much of the area to help accurately map the region. Despite Nepal containing some of the most difficult and rugged mountain terrain in the world, on May 29, 1953 Edmund Hillary and Sherpa Tenzing Norgay





ascended to the 8,848m summit of Everest, becoming the first people to stand atop the world's highest mountain.

Everest and Nuptse are on the left and Ama Dablam peak is on the right.

## Wildlife

- The forests of Nepal are home to tigers and leopards, gaurs (wild ox), occasional elephants and buffalo, and many deer.
- The Lesser Rāpti Valley, in south-central Nepal, is one of the last homes of the great Indian rhinoceros.
- There are 26 protected mammal species in Nepal. Snow leopards, red pandas and Bengal tigers are among the endangered animals.
- Yaks live high up in the mountains of Nepal and are commonly used for transporting goods.
- It is illegal to slaughter cows in Nepal because they are considered sacred animals.



Cows can be seen wandering around the streets of Nepal.



## Food Facts

- Rice, potatoes and roti (flatbreads) are common staple foods in Nepal.
- Nepal is the third biggest producer of ginger after India and China.
- A staple dish of Nepal is daal bhat, a lentil soup with rice. 'Daal' means lentils and 'bhat' means boiled rice. It is sometimes eaten with chapati – an unleavened Indian bread, or papad - a crispy fried lentil-flour pancake.

To eat daal bhat the local way, you pour the soupy daal onto the rice, mix it into balls with your fingers, add a pinch of pickle and vegetables and shovel it into your mouth with your right hand.

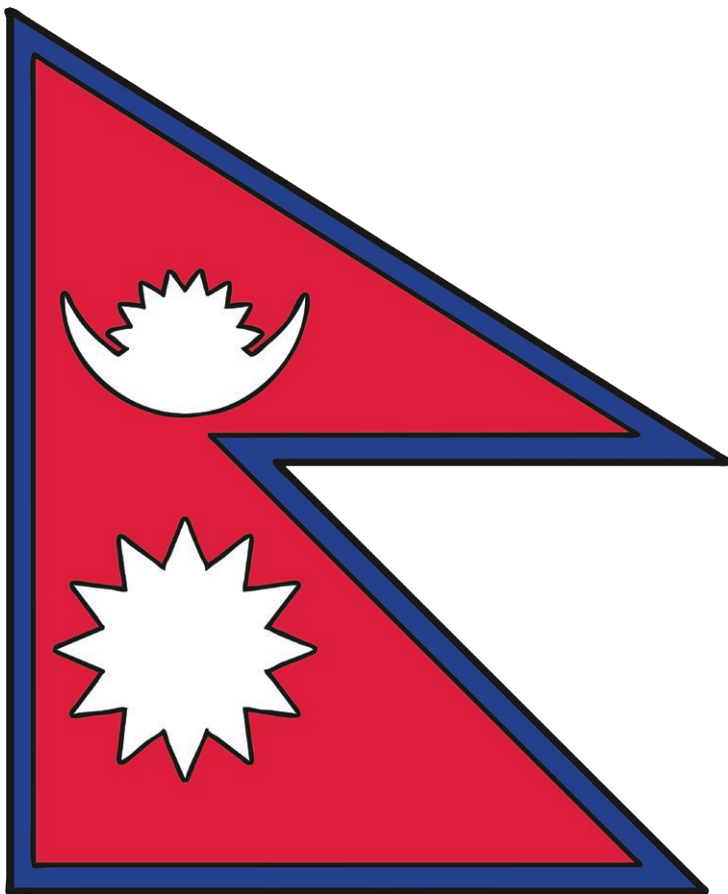


### Glossary

**Landlocked** – A country that is surrounded on all sides by one or more other countries.

**Staple dish** – A meal eaten regularly, perhaps even daily.

**Uninhabited** – People do not live there.



# Questions

1. Nepal is a landlocked country. Explain what you think this means.

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2. What is the official language of Nepal and how many people speak it? Tick one.

- ☐ Nepalise, spoken by about half the people
- ☐ Nepali, spoken by about 75% of the people
- ☐ Kathmandu, spoken by about half the people
- ☐ Nepali, spoken by about half the people

3. Find and copy **three** environments, other than alpine pastures, that also make up Nepal's landscape.

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- ---
- ---

4. Find and copy one word that means the same as 'environment'.

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5. What are yaks commonly used for?

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6. Draw three lines to match the animals to the environment where they can be found

yak

the south-central valleys  
of Nepal

Indian rhinoceros

high up in the mountains  
of Nepal

deer

wandering around the  
streets of Nepal

cow

wandering around the  
streets of Nepal

7. Explain in your own words how daal bhat is eaten the local way.

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8. Imagine you are a travel agent. What would you say to persuade people to visit Nepal for a holiday?

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# Answers

1. Nepal is a landlocked country. Explain what you think this means.

**Pupils' own responses, such as: I think landlocked means that there is no sea around the country and it is completely surrounded by other countries. The countries that Nepal borders with are India and China.**

2. What is the official language of Nepal and how many people speak it? Tick one.

- ☐ Nepalise, spoken by about half the people
- ☐ Nepali, spoken by about 75% of the people
- ☐ Kathmandu, spoken by about half the people
- ☒ **Nepali, spoken by about half the people**

3. Find and copy three environments, other than alpine pastures, that also make up Nepal's landscape.

- **fertile valleys**
- **temperate forests**
- **Tarai plains**

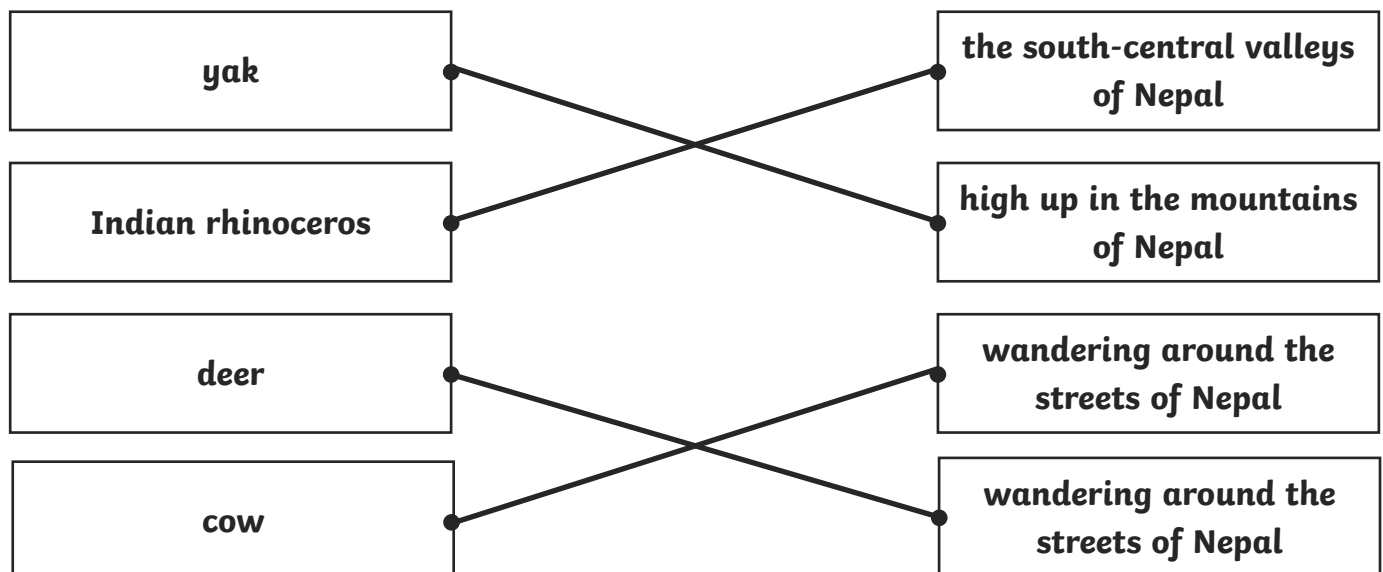
4. Find and copy one word that means the same as 'environment'.

**terrain**

5. What are yaks commonly used for?

**Yaks are commonly used for transporting goods.**

6. Draw three lines to match the animals to the environment where they can be found.



7. Explain in your own words how daal bhat is eaten the local way.

**Pupils' own responses, such as: The local way of eating daal bhat is by pouring the lentil soup onto the rice and mixing it together with your fingers into a ball. You then add a pinch of vegetables and pickle and pop the ball of food into your mouth using your right hand.**

8. Imagine you are a travel agent. What would you say to persuade people to visit Nepal for a holiday?

**Pupils' own responses, such as: Nepal is a beautiful country with stunning and dramatic scenery, including the famous Himalayan mountains and Mount Everest, which is the highest peak in the world. The capital city of Kathmandu has many old temples to visit. There are lots of interesting animals in Nepal including yak, Indian rhinoceros, elephants and snow leopards. The food is also amazing - their staple dish is called daal bhat – a lentil stew with rice, eaten with chapati – an unleavened Indian bread, or papad - a crispy fried lentil-flour pancake.**