

Central Canada



Provinces

Central Canada includes the provinces **Ontario** and **Quebec**.

Capital Cities and their Population:

*Population estimates as of 2021 according to Statistics Canada.

Province or Territory	Total Population	Capital City
Ontario	14,755,211	Toronto
Quebec	8,575,944	Quebec City

Location:

The provinces of Central Canada are located east of Manitoba and west of the Atlantic provinces. Ontario and Quebec are the largest of Canada's provinces and territories, and also have the largest populations. Toronto, Ontario has the highest population of any city in Canada. Canada's capital city, Ottawa, where the federal government is located is also in Ontario. Quebec is the only province or territory in Canada where the official language is French.

Environment:

Southern Ontario can have milder winters as compared to Northern Ontario and Quebec, where it is very cold. Ontario and Quebec can also receive lots of snow in the winter. There are winter celebrations in both provinces, which include activities such as creating ice sculptures. Quebec City hosts Carnaval de Québec every year and is also home to an ice hotel during the winter. In Central Canada, winters are long and cold while summers are very hot and short. The Canadian Shield also runs through central Canada and is very rocky. Central Canada is home to many parks.

Natural Resources:

Ontario is home to all of the great lakes except Lake Michigan. These lakes hold 20% of all the freshwater in the world. As much as 66% of Ontario's land is forested. Wood, paper and pulp are resources produced in both Ontario and Quebec. Quebec is also mined for silver, copper, gold and iron.



Wildlife:

Some of the animals that live in Central Canada include: beavers, black bears, white-tailed deer, loons and walruses, just to name a few.



Check for Understanding

1. What is the population of Quebec?
2. Which Canadian city has the largest population?
3. What percentage of Ontario is forested?
4. What metals are mined in Quebec?
5. Name two animals that inhabit Central Canada.