

## **10 Canadian Provinces and Territories and Their Capitals**

### **Ontario - Capital: Toronto**

Weather: Humid continental climate with hot summers and cold winters.

Population: 14.7 million

Culture: Diverse cultural heritage with influences from around the world. Known for arts, music, and sports.

Language: English (official), French

Food: Maple syrup, poutine, butter tarts, and peameal bacon.

Cost of Living: High, particularly in Toronto.

## **10 Canadian Provinces and Territories and Their Capitals**

### **Quebec - Capital: Quebec City**

Weather: Humid continental climate with very cold winters and warm summers.

Population: 8.5 million

Culture: Strong French influence with a vibrant arts and festival scene.

Language: French (official), English

Food: Poutine, tourtière, and maple syrup products.

Cost of Living: Moderate, higher in cities like Montreal and Quebec City.

## **10 Canadian Provinces and Territories and Their Capitals**

### **British Columbia - Capital: Victoria**

Weather: Mild coastal climate with wet winters and dry summers.

Population: 5.1 million

Culture: Known for its outdoor activities, indigenous culture, and Asian influences.

Language: English (official)

Food: Seafood, salmon, sushi, and locally sourced produce.

Cost of Living: High, especially in Vancouver.

## **10 Canadian Provinces and Territories and Their Capitals**

### **Alberta - Capital: Edmonton**

Weather: Varied climate with cold winters and warm summers.

Population: 4.4 million

Culture: Western heritage with strong influences from ranching and oil industries.

Language: English (official)

Food: Beef, bison, and prairie oysters.

Cost of Living: Moderate, higher in Calgary and Edmonton.

## **10 Canadian Provinces and Territories and Their Capitals**

### **Manitoba - Capital: Winnipeg**

Weather: Extreme continental climate with very cold winters and warm summers.

Population: 1.4 million

Culture: Rich in arts, festivals, and multicultural communities.

Language: English (official), French

Food: Wild game, pickerel, and perogies.

Cost of Living: Moderate, with affordable housing.

## **10 Canadian Provinces and Territories and Their Capitals**

### **Saskatchewan - Capital: Regina**

Weather: Continental climate with cold winters and warm summers.

Population: 1.2 million

Culture: Strong agricultural and indigenous heritage.

Language: English (official)

Food: Lentils, wheat products, and Saskatoon berries.

Cost of Living: Moderate, with affordable housing.

## **10 Canadian Provinces and Territories and Their Capitals**

### **Nova Scotia - Capital: Halifax**

Weather: Maritime climate with mild winters and cool summers.

Population: 971,000

Culture: Known for its maritime heritage, music, and festivals.

Language: English (official), French

Food: Seafood, lobster, and blueberries.

Cost of Living: Moderate, with higher costs in Halifax.

## **10 Canadian Provinces and Territories and Their Capitals**

### **New Brunswick - Capital: Fredericton**

Weather: Maritime climate with cold winters and warm summers.

Population: 780,000

Culture: Bilingual province with rich Acadian and Irish heritage.

Language: English (official), French

Food: Seafood, fiddlehead ferns, and maple syrup.

Cost of Living: Moderate, with affordable housing.



## **10 Canadian Provinces and Territories and Their Capitals**

### **Newfoundland and Labrador - Capital: St. John's**

Weather: Maritime climate with cold winters and cool summers.

Population: 520,000

Culture: Distinctive culture with strong Irish, English, and indigenous influences.

Language: English (official)

Food: Seafood, Jigg's dinner, and bakeapple jam.

Cost of Living: Moderate, with higher costs in St. John's.

## **10 Canadian Provinces and Territories and Their Capitals**

### **Yukon - Capital: Whitehorse**

Weather: Subarctic climate with long, cold winters and short, warm summers.

Population: 42,000

Culture: Strong indigenous heritage with a focus on outdoor activities and gold rush history.

Language: English (official), French

Food: Wild game, fish, and sourdough pancakes.

Cost of Living: High, due to remote location.