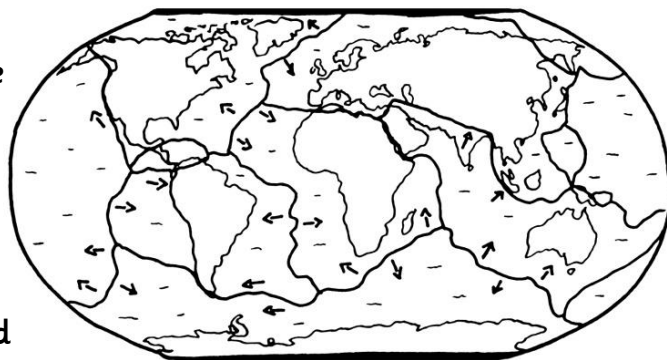


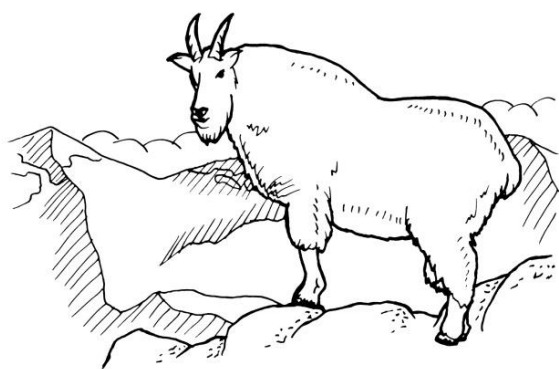
Mountains

The surface of the earth is divided into separate pieces called **plates**. These plates fit together like a jigsaw, but they can also move around very slowly. Sometimes, plates push against each other and force the land up into peaks and ridges and folds. These are mountains.



A group of mountains together is called a **range**. Some famous mountain ranges are The Alps, The Rockies, The Andes and The Himalayas. The most famous of all mountains is Mount Everest, the highest mountain in the world. It is in the Himalayas.

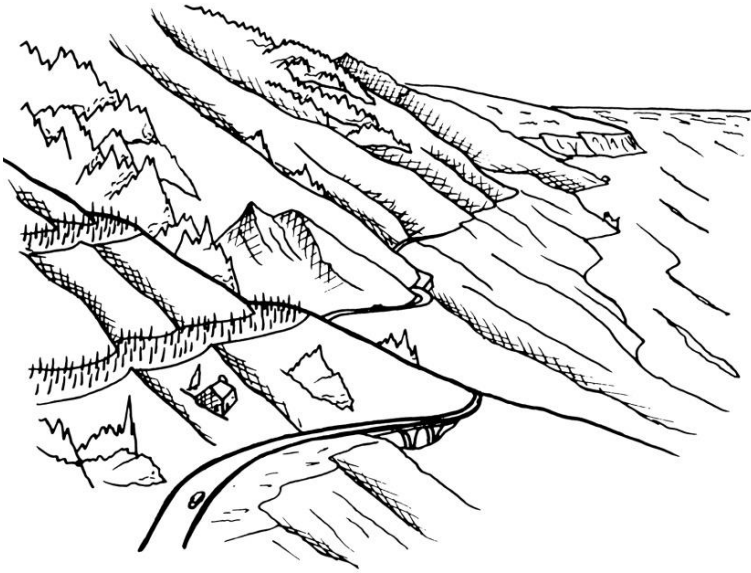
Mountains are special places with their own special kind of **weather**. The higher up a mountain you go, the colder the air becomes. This is why there is often snow on the peaks of high mountains even in the summer. It is also often windy at the top of mountains. Powerful storms are common, so mountains can be dangerous. Even on sunny days there can be dangers. The air is thinner high up in the mountains, so it's very easy to get sunburnt.



All of this means that only very special **animals** can survive in the mountains. Some mountain goats have special hollow hooves which act like suction pads to help them cling on to steep rocks. Other animals like the marmot hibernate to save energy in the winter.

There are also special **plants** in the mountains which can survive in the cold and wind. Some birch trees can grow high up in the mountains, but they don't manage to grow very tall. Lichens are another type of plant that can grow even on bare rock. They send tiny

roots into the rock to suck up any goodness that they can find.



Of course, **people** also live in the mountains, and have done for hundreds of years. Life in the mountains can be difficult, so people have come up with clever ways of surviving. Farmers build terraces on the mountain side to stop soil washing away and provide a flat place to grow crops. Strong animals

like yaks can be used for transporting things up steep slopes. Roads are built in a zigzag shape to get up the mountains. Special railways have even been built high in some mountains to carry people and goods.

Mountains can be **fun** too! If you have the right equipment and clothes, you can ski, hike, snowboard, climb, raft, mountain bike and hang-glide in the mountains. You need to make sure you're prepared though. Warm and waterproof clothes are needed. You should always tell someone where you're going and when you expect to be back.

Finally, you must take **care** of these special mountain places by not dropping litter. That way, people will be able to enjoy the mountains and their special wildlife for years and years to come.

Alex Swinton

Mountains

Match each of these words with the correct meaning. (AF2)

peaks	weather
climate	kit, tools
hibernate	summits, crests, tops
equipment	sleep, hide away

What is special about the weather in the mountains? (AF2)

Give TWO ways that animals have adapted to living in the mountains. (AF2)

What are yaks, and what are they used for? (AF2)

Find and copy one phrase which shows that mountains can be dangerous places. (AF2)

Why do you think some of the words in this text are in grey ? (AF4)

Why is it important not to drop litter in the mountains? (AF3)

Find and copy one sentence which contains a LIST. (AF5)

Choose the sentence below which fits you best. Underline it! Then write a short sentence explaining your choice. (AF6)

I would like to go to the mountains to try a new sport.

I would like to go to the mountains to see the animals who live there.

I would like to go to the mountains to see how people live high up.

I wouldn't like to go to the mountains because it sounds dangerous.