



Primary 7 Social studies

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**Vote His Excellence Dr. Bbosa Science
President of Uganda 2031** 

Term 1

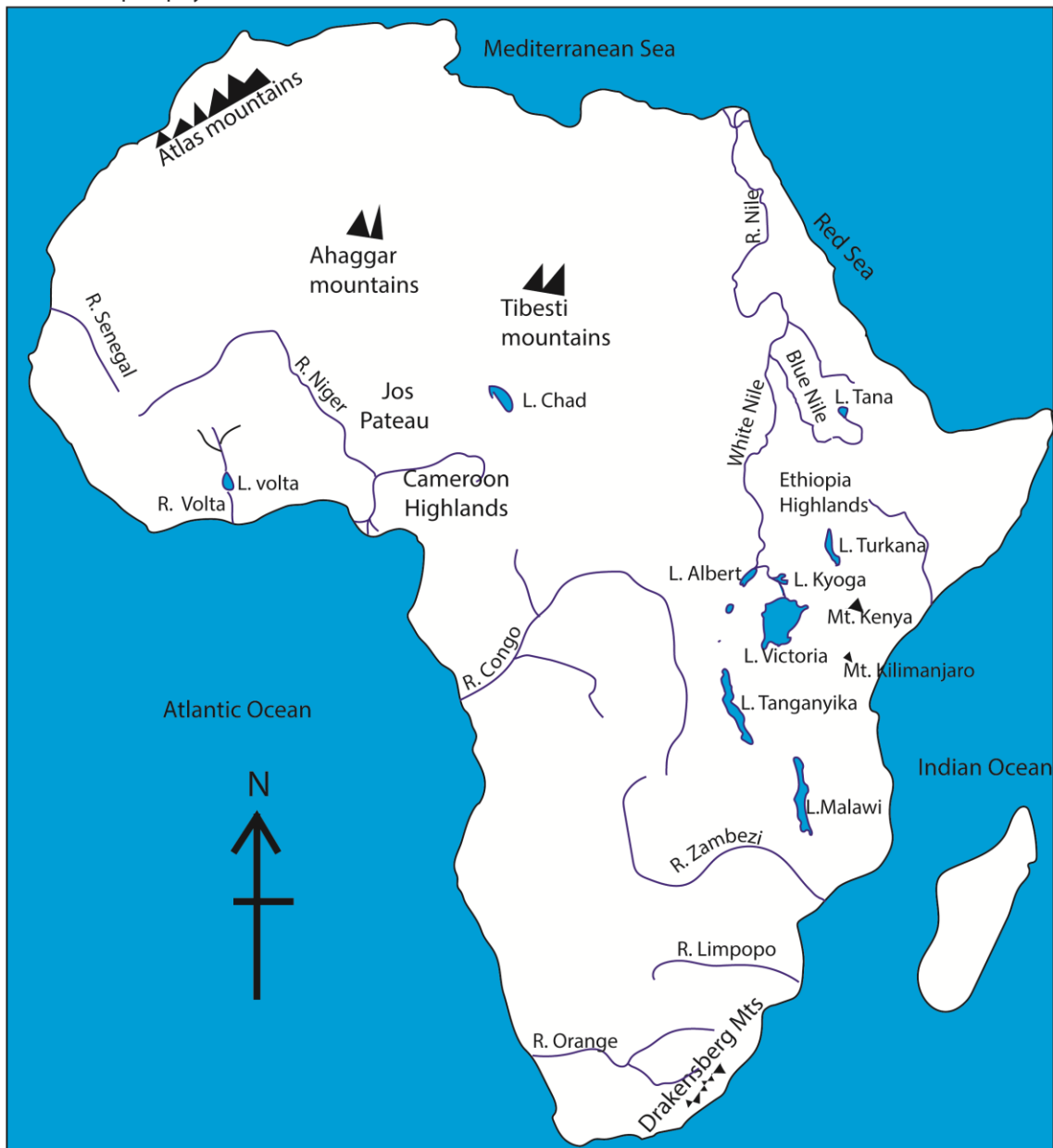
Theme: LIVING TOGETHER IN AFRICA

Topic 2/4: Physical Features of Africa

Learning Outcomes:

The learner explores and appreciates the value of one's immediate and distant environment for better and harmonious living.

The map of physical features of Africa



Mountains and highlands in Africa

Mountains and **highlands** are high areas of land that are much cooler than the flat plains below.

(i) The Atlas Mountains

Location: The far **Northwest** corner of Africa.

Countries: Morocco, Algeria, and Tunisia.

Fun Fact: They separate the Mediterranean Sea from the huge Sahara Desert.

(ii) The Drakensberg Mountains

Location: The far **Southeast** of Africa.

Countries: South Africa and Lesotho.

Fun Fact: The name means "Dragon's Mountains" because they look like the jagged back of a dragon!

(iii) The Cameroon Highlands

Location: **West-Central** Africa, along the border of Nigeria and Cameroon.

Fun Fact: This area includes **Mount Cameroon**, which is an active volcano that still erupts sometimes!

(iv) The Jos Plateau

Location: Right in the middle of **Nigeria** (West Africa).

Fun Fact: It is a high, flat area that is much cooler than the rest of Nigeria, making it a great place for farming.

(v) The Ahaggar (Hoggar) Mountains

Location: Right in the middle of the **Sahara Desert** (Southern Algeria).

Fun Fact: These are rocky mountains made of old volcanic rock sticking up out of the sand.

(vi) The Tibesti Mountains

Location: In the **Central Sahara**, mostly in northern Chad.

Fun Fact: These are the highest mountains in the entire Sahara Desert!

(vii) The Ethiopian Highlands

Location: **East Africa**, taking up most of the country of Ethiopia.

Fun Fact: These are often called the "**Roof of Africa**" because they are so high and wide. This is also where the Blue Nile River begins.

Rivers of Africa

These **rivers** are vital because they provide water for drinking, farming, and electricity (hydroelectric power).

(i) The Nile River

Location: Flows through **East and North Africa** into the Mediterranean Sea.

Fun Fact: It is the **longest river in the world!** Without the Nile, the ancient civilization of Egypt could not have existed in the desert.

(ii) The Blue Nile

Location: Starts in the mountains of **Ethiopia** (Lake Tana).

Fun Fact: It joins the White Nile in **Sudan** to form the main Nile River. It provides most of the water and rich soil that flows down to Egypt.

(iii) River Congo (Zaire)

Location: Flows through the **Central Africa** rainforest.

Fun Fact: It is the **deepest river in the world** and the second largest by the amount of water it carries. It crosses the **Equator** twice!

(iv) The Niger River

Location: The main river of **West Africa**.

Fun Fact: It has an unusual "boomerang" shape, starting near the ocean, flowing inland toward the Sahara Desert, and then turning back down to the Gulf of Guinea.

(v) The Zambezi River

Location: Flows through **Southern Africa** into the Indian Ocean.

Fun Fact: It is famous for the **Victoria Falls**, one of the largest and most beautiful waterfalls on Earth.

(vi) The Orange River

Location: The longest river in **South Africa**.

Fun Fact: It was named after the Dutch Royal House (the House of Orange), not the fruit! It is very important for irrigation in dry areas.

(vii) The Limpopo River

Location: Forms the border between **South Africa, Botswana, and Zimbabwe**.

Fun Fact: It is sometimes called the "Great Grey-Green, Greasy Limpopo River" in famous stories because of its slow-moving, murky water.

(viii) The Volta River

Location: Located in **Ghana** (West Africa).

Fun Fact: Humans built a massive dam on this river to create **Lake Volta**, which is the largest man-made lake in the world by surface area.

Lakes of Africa

Africa has some of the largest and deepest lakes in the world, often called the "**Great Lakes of Africa**."

Most of these lakes are found in the **Great Rift Valley**, a giant crack in the Earth's surface in East Africa.

(i) Lake Victoria

Location: Between **Uganda, Kenya, and Tanzania**.

Fun Fact: It is the **largest lake in Africa** and the second-largest freshwater lake in the world! It is also the main source of the **River Nile**.

(ii) Lake Tanganyika

Location: Between **Tanzania, DR Congo, Burundi, and Zambia**.

Fun Fact: It is the **longest lake in the world** and the second-deepest! It holds so much water that it contains almost 20% of all the fresh water on Earth's surface.

(iii) Lake Malawi (Lake Nyasa)

Location: Between **Malawi, Tanzania, and Mozambique**.

Fun Fact: It is famous for having more different types of fish (especially colorful **Cichlids**) than any other lake in the world!

(iv) Lake Chad

Location: Between **Chad, Niger, Nigeria, and Cameroon**.

Fun Fact: This lake is very shallow. Because it is in a dry area, it has been **shrinking** (getting smaller) over the last 50 years because the sun evaporates the water faster than rain can fill it.

(v) Lake Turkana

Location: Mostly in **Kenya**.

Fun Fact: It is the world's largest **permanent desert lake**. Because of its beautiful green color from algae, it is often called the "**Jade Sea**."

(vi) Lake Kyoga

Location: Right in the center of **Uganda**.

Fun Fact: It is a very shallow lake covered in water lilies and papyrus reeds. The Victoria Nile flows right through it!

(vii) Lake Albert and Lake Edward

Location: On the border between **Uganda and DR Congo**.

Fun Fact: These are "Rift Valley" lakes. Lake Albert is famous because **oil** was discovered under its waters recently.

(viii) Lake Volta

Location: **Ghana** (West Africa).

Fun Fact: This is a **man-made lake** (reservoir). It was created by building the Akosombo Dam on the Volta River to make electricity.

The Processes of the formation of major physical features in Africa

There are **four main ways** the Earth "built" the big features across Africa.

(i) Folding (The Squeeze)

This happens when two of Earth's giant underground plates push against each other. The land in the middle has nowhere to go but **up**, creating long lines of mountains.

Example: The **Atlas Mountains** in North Africa.

(ii) Faulting and Rifting (The Crack)

They were formed when the Earth's crust pulled apart or breaks. This created deep valleys and steep cliffs.

Example: The **Great Rift Valley** in East Africa.

Examples Block mountains formed by faulting in Africa include

- **The Ruwenzori Mountains (Uganda & DR Congo)**
- **The Great Karas Mountains (Namibia)**
- **The Danakil Alps (Ethiopia & Eritrea)**
- **The Mau Escarpment (Kenya)**
- **Drakensberg Mountains** in South Africa

The Result: When the land sank in the middle of these cracks, water filled them up to create the **Deep Lakes** like Lake Tanganyika, L. Albert, Lake Turkana and Lake Malawi.

(iii) Volcanicity (The Fire)

Hot, melted rock (magma) from deep inside the Earth forces its way to the surface.

Example:

- **Mount Kilimanjaro** (Tanzania), is the tallest mountain in Africa
- **Mount Kenya (Kenya)**
- **Mount Elgon (Uganda & Kenya border)**
- **Mount Cameroon** (West Africa), still active
- **The Virunga Mountains (Uganda, Rwanda, & DR Congo), still active**
- **Pilanesberg: (South Africa)**

(iv) Erosion and Deposition (The Sculptors)

Nature uses **Wind** and **Water** to carve the land or pile things up.

Water Erosion: Rivers like the **Congo** or **Nile** cut deep channels and valleys into the rock over millions of years.

Wind Deposition: In the **Sahara Desert**, the wind blows sand into giant hills called **Dunes**.

River Deposition: At the end of the Nile, the river drops rich soil to create a flat, triangle-shaped piece of land called a **Delta**.

(v) Downwarping (The Sink)

Sometimes, a huge area of land slowly sinks downward like a giant bowl.

Example: The **Congo Basin** and **Lake Victoria**.

The Result: These "bowls" catch water from rain and rivers, creating massive forests or huge, shallow lakes.

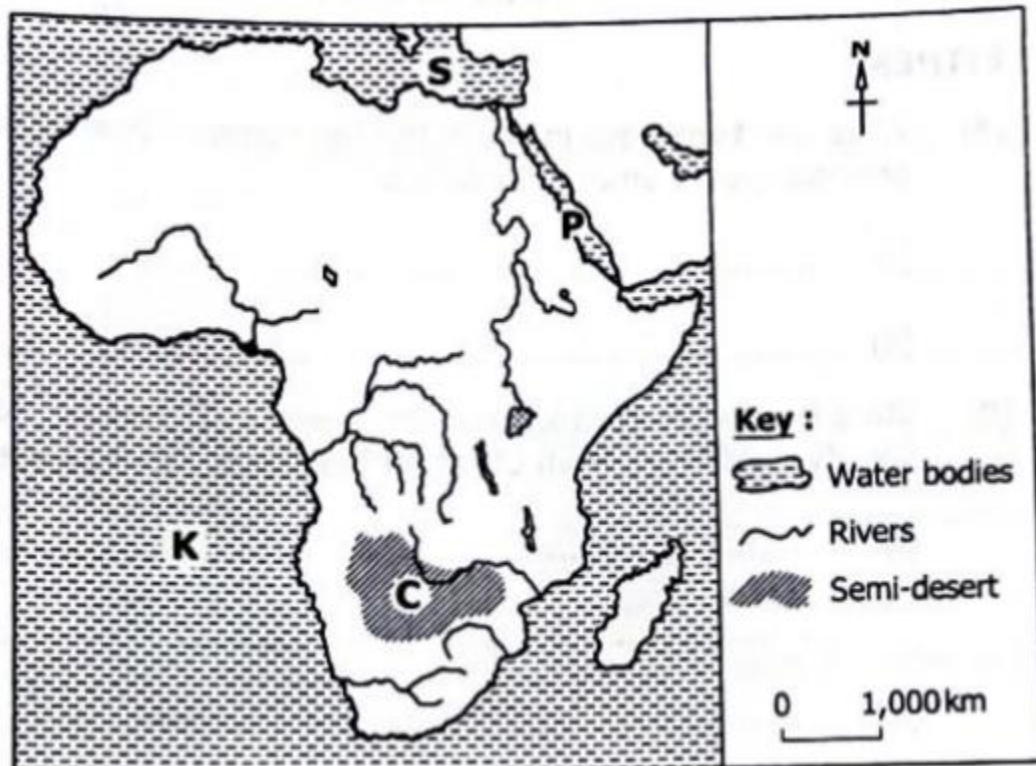
Exercise

1. Name any one mountain in Africa formed by folding.
2. Name any one mountain outside East Africa formed by faulting.
3. Mention one mountain outside East Africa which is an active volcano.
4. State any one active volcanic mountain in East Africa.
5. Name any two big rivers in west Africa
6. Name the process that lead to the formation of L. Victoria

7. Name any wind deposition feature in Africa
8. Mention any two lakes found in a Rift Valley.
9. List one river found in South Africa
10. Give one example of a mountain found southeast of South Africa
11. List two mountains found in Sahara Desert.

Revision questions

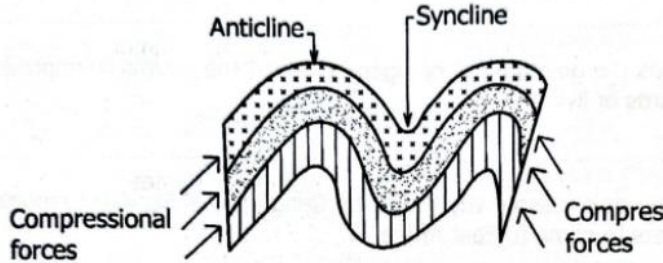
1. Study the sketch map of Africa below and use it to answer the questions that follow.



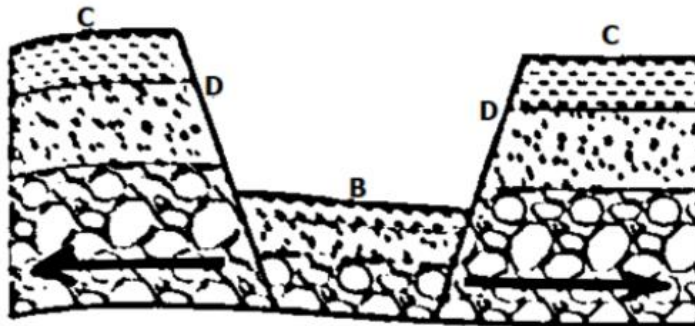
- (a) Name the water body marked K
Atlantic Ocean
- (b) How was water body marked S connected to water body marked P to shorten the distance travelled by traders?
Suez Canal
- (c) State two conditions that make area marked C more suitable for nomadic herding than crop farming.
 - (i) **Low Rainfall:** It is a very dry (semi-arid) area where it does not rain enough for crops to grow well.
 - (ii) **Frequent Droughts:** The rain is unreliable, and crops often die if the water disappears.
 - (iii) **Mobility:** Herders can move their animals to find grass and water in different places, but crops are stuck in one spot and cannot move if the soil stays dry.

- (iv) **Tough Grass:** The natural grass and bushes can survive the heat and provide food for livestock even when it is too dry for farming.

2. Name any mountain in Africa but outside East Africa formed by the process below



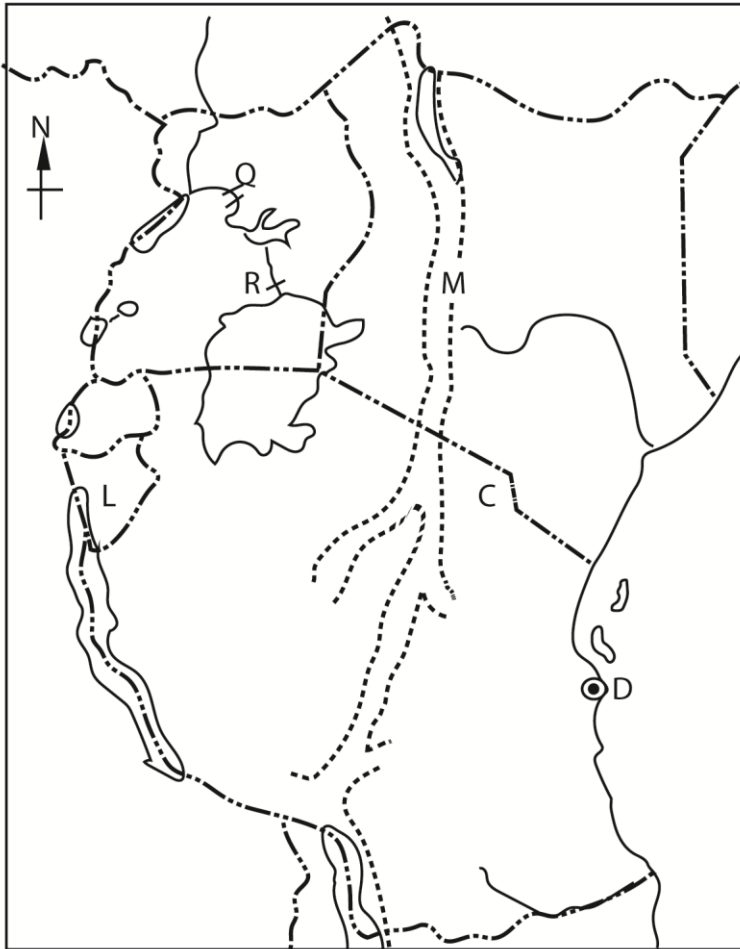
- (i) **Drakensberg Mountains** in South Africa
(ii) **Muchinga Escarpment (Zambia)**
(iii) **Mitumba Mountains (Democratic Republic of the Congo)**
(iv) **Lendu Plateau (DRC)**
3. Name any one block mountain found in Tanzania.
(i) **Pare Mountains**
(ii) **Usambara Mountains**
(iii) **Udzungwa Mountains**
(iv) **Livingstone (Kipengere) Range**
4. Mention any one desert found in Africa
(i) Sahara Desert
(ii) Kalahari Desert
(iii) Namib Desert
5. The diagram below shows a formation of a physical feature. Use it to answer the questions that follow



- (a) Name the process shown with arrows on the diagram
Normal fault
- (b) Which physical feature is formed in the area marked B?
Valley/ lake

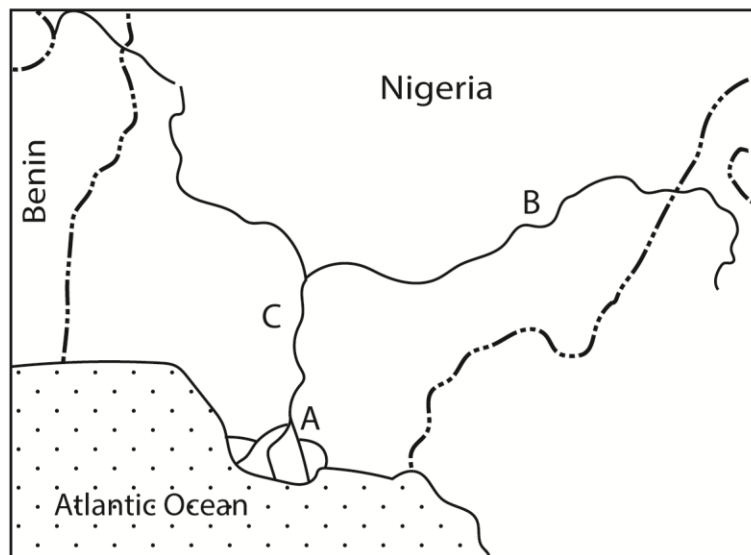
- (c) What term is used to mean the slopes marked D on the diagram above?
Steep escarpment

6. Study the sketch map of East Africa below and use it to answer the questions that follow



- (a) Name the physical feature marked M.
Eastern rift Valley
- (b) Name the country L
Burundi
- (c) State any one way in which the Port marked D promotes trade in the East Africa region.
Handles imports of Tanzania and Uganda
Handles exports of Tanzania and Uganda
- (d) Give one reason why hydroelectricity is produced in parts of River Nile marked Q and R.
They have water falls
- (d) State any one reason why area marked C is cooler than the area marked B on the diagram
C is at high altitude

7. Study the sketch map below and answer the questions that follow



- (a) Name the features marked by the following letters.
- A – River Delta
 - B – Tributary (River Benue)
- (b) Name any one other river in Africa that ends in the same way as river marked C above
- R. Nile
- (c) How is part marked A economically important to Nigeria?
- (i) **Oil and Gas:** It provides almost all of Nigeria's **crude oil**, which is sold to other countries to earn money (foreign exchange)
 - (ii) **Jobs:** Thousands of people work in **oil companies**, while many others earn a living through **fishing** and **farming**.
 - (iii) **Trade:** Large **ports** in the delta allow ships to bring in goods and send out products like rubber and palm oil to the rest of the world.
 - (iv) **Agriculture:** The wet, fertile land is perfect for growing **oil palms**, which are used to make cooking oil and soap.
 - (v) **Water transport:** for good and people

8. Give an example of a volcanic mountain found in South Africa.

Pilanesberg

9. Name the water passage that connects Mediterranean Sea to the Red Sea.

Suez canal

10. How does Sudan benefit from River Nile?

- (i) **Farming (Irrigation):** It provides water to grow crops like **cotton and sugar** in dry areas through big projects like the Gezira Scheme.
 - (ii) **Electricity (Hydro-power):** Huge dams like the **Roseires Dam** use the flowing water to make electricity for homes and factories.
 - (iii) **Drinking Water:** It is the main source of fresh water for people and animals to drink in a very hot country.
 - (iv) **Transport:** Boats use the river to carry **goods and people** from one town to another.
 - (v) **Fishing:** Many people catch **fish** from the river to eat or sell at the market.
11. Apart from providing water for irrigation which other way is river Nile important to the Sudanese?
- (i) **Electricity (Hydro-power):** Huge dams like the **Roseires Dam** use the flowing water to make electricity for homes and factories.
 - (ii) **Drinking Water:** It is the main source of fresh water for people and animals to drink in a very hot country.
 - (iii) **Transport:** Boats use the river to carry **goods and people** from one town to another.
 - (iv) **Fishing:** Many people catch **fish** from the river to eat or sell at the market.
12. State any one economic importance of River Tana to Kenya?
- (i) **Electricity (Hydro-power):** It has many dams, like the **Seven Forks**, which make most of the electricity used in homes and factories across Kenya.
 - (ii) **Farming (Irrigation):** Its water is used to grow crops like **rice, cotton, and maize** in dry areas like Mwea and Bura.
 - (iii) **Water Supply:** It provides **fresh water** for people to drink and use in big towns and for livestock in the countryside.
 - (iv) **Fishing:** Many people catch **fish** from the river to sell at the market and earn money.
13. (a) Which river drains the largest part of the Democratic Republic of Congo (DRC)?
R. Congo
- (b) Give any two reasons why the river you have named in (a) above carries the largest volume of water to the Sea.
- (i) **Heavy Rainfall:** It flows through the **Equatorial Rainforest**, where it rains almost every day.

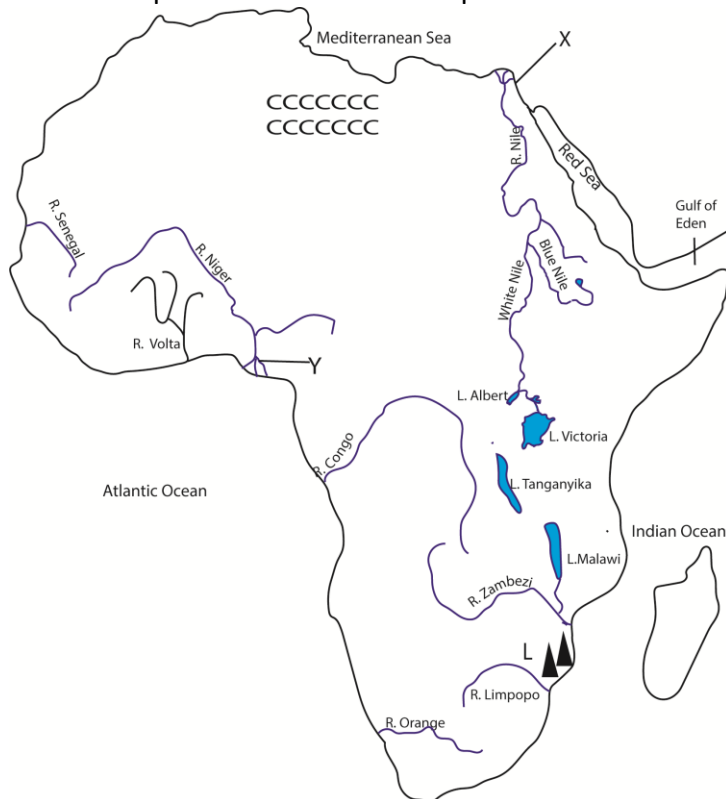
- (ii) **Many Tributaries:** It has many **smaller rivers** (like the Kasai and Ubangi) that join it and add their water.
- (iii) **Large Basin:** It drains water from a **massive area** of land across many countries.
- (iv) **Constant Flow:** Because parts of the river are on both sides of the **Equator**, it gets rain from different seasons all year round.

(c) Name the ocean into which the named in (a) above pours its water
Atlantic Ocean

14. Give any one characteristic of rift valley lakes.

- (i) **Long and Narrow:** They usually look like long ribbons because they sit inside a deep crack in the earth.
- (ii) **Very Deep:** Many are among the deepest lakes in the world because the valley floor has sunk so low.
- (iii) **Steep Sides:** They are often surrounded by high, steep walls called **escarpments**.
- (iv) **Fresh Water:** Most of them contain fresh water, though some (like Lake Natron) can be very salty.
- (v) **Many Fish:** They are famous for having unique types of fish, like **Cichlids**, that aren't found anywhere else.

15. Use the map below to answer the questions that follow.



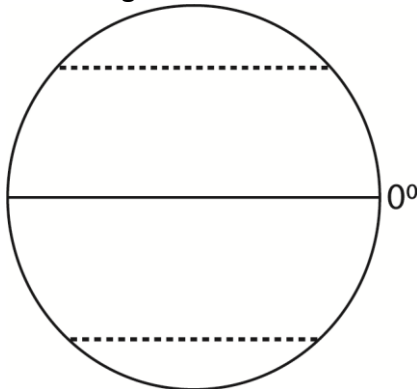
- (a) Name the water passage marked with X
Suez Canal
- (b) Mention one economic activity carried out in the area marked Y.
- (i) **Oil and Gas:** It provides almost all of Nigeria's **crude oil**, which is sold to other countries to earn money (**foreign exchange**)
 - (ii) **Jobs:** Thousands of people work in **oil companies**, while many others earn a living through **fishing** and **farming**.
 - (iii) **Trade:** Large **ports** in the delta allow ships to bring in goods and send out products like rubber and palm oil to the rest of the world.
 - (iv) **Agriculture:** The wet, fertile land is perfect for growing **oil palms**, which are used to make cooking oil and soap.
 - (v) **Water transport:** for good and people
- (c) Why is the region marked CCC sparsely populated?
- (i) It is a desert,
 - (ii) receives very little rainfall,
 - (iii) very hot during day and very cold during night
- (d) How the mountain ranges marked L formed?
Faulting/uplift and erosion

16. Study the diagram below and use it to answer the questions that follow.



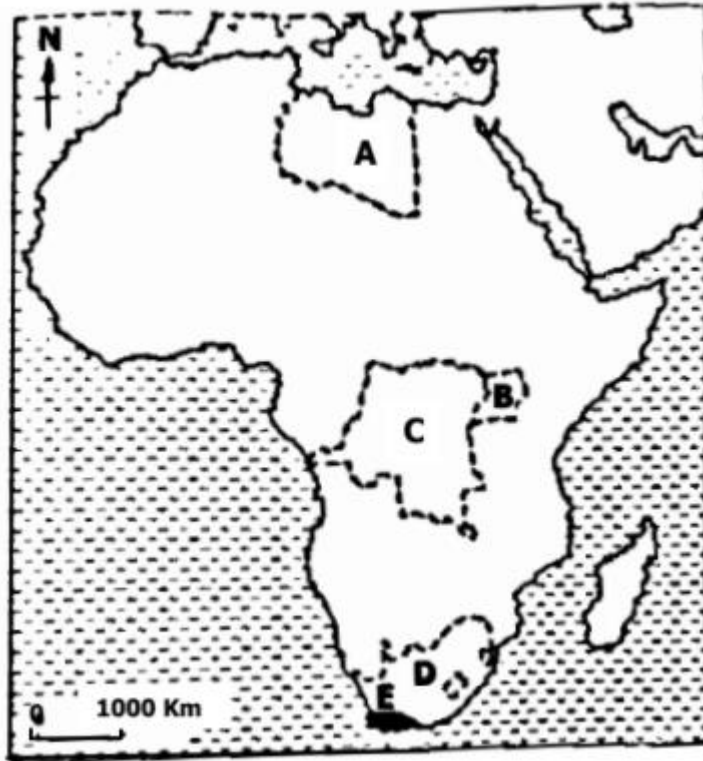
- (a) Name the imaginary line marked
- (i) S – Prime Meridian
 - (ii) N - Equator
- (b) State one use of the imaginary lines marked S and N to a map reader.
- (i) S – divides the globe between East and West

- (ii) N – divides the globe between North and South
17. Name the line of longitude that passes through Accra in Ghana.
Prime Meridian
18. Which major latitude passes through Uganda
Equator
19. Give any one reason why Uganda has less irrigation projects compared to Libya.
Uganda has reliable rainfall while Libya is a desert.
20. Give one reason why Antarctica continent is not suitable for human settlement.
- (i) **Extreme Cold:** It is the coldest place on Earth. Temperatures can drop to -80°C , which is way too cold for our bodies to handle.
- (ii) **No Food:** Nothing can grow there! There are no trees, bushes, or farms because the ground is covered in thick **ice and snow** all year.
- (iii) **No Liquid Water:** Almost all the water is frozen solid. Humans need liquid water to drink, but in Antarctica, everything is a giant block of ice.
21. Name any one type of grassland that covers a large portion of Africa.
Savanna/Savannah grassland
22. The diagram below shows the globe. Use it to answer question below

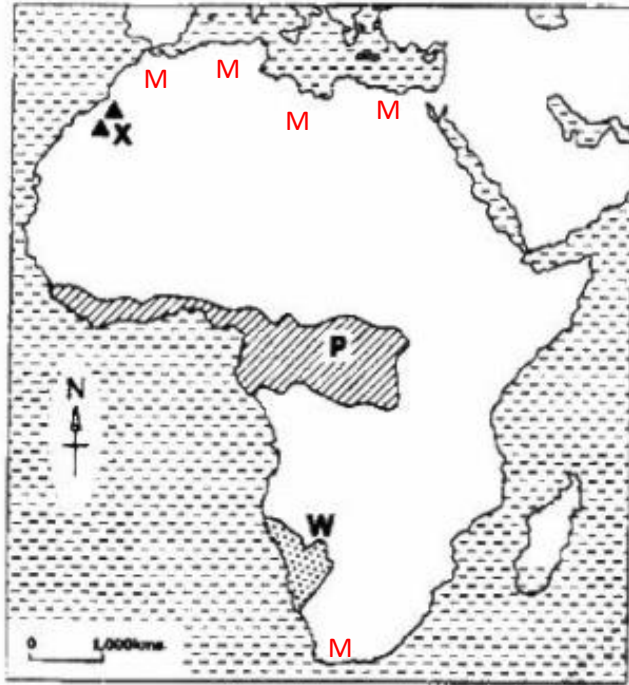


Name the latitude marked 0°
Equator

23. Mention any one desert found in Africa
Sahara Desert
The Namib Desert (Southwestern Africa)
24. Study the sketch map of Africa below and answer the questions that follow



- (a) Name countries marked
 - A – Libya
 - B – South Africa
 - (b) What advantage does country marked C over country marked B in terms of location?
 - C has access to the sea while B is landlocked
 - (c) Which climatic region of Africa is found in the shaded area marked E?
 - Mediterranean climate
25. Name the water body that is found at the Western Coast of Africa.
Atlantic Ocean
26. Study the sketch map of Africa below and then answer the question that follow.



- (a) What process led to the formation of the mountain marked X?
Folding.
- (b) Describe the climate of the shaded area marked P.
 Desert vegetation
- (c) State any one factor which influences the vegetation in the area marked W.
- (i) Heavy rainfall
 - (ii) High temperatures
 - (iii) Fertile soil
- (d) On the map above, write M in a region that experiences Mediterranean type of climate.

27. How did the independence of Eritrea affect Ethiopia
 Ethiopia became landlocked/lost access to the sea

28. What time is it at town X which located 45° East is it is 6:00am at Greenwich?

Difference in degrees = $45 - 0 = 45$

15° is equivalent to 1hour

45° is equivalent to $\frac{45 \times 1}{15} = 3$ hour

To the East we add

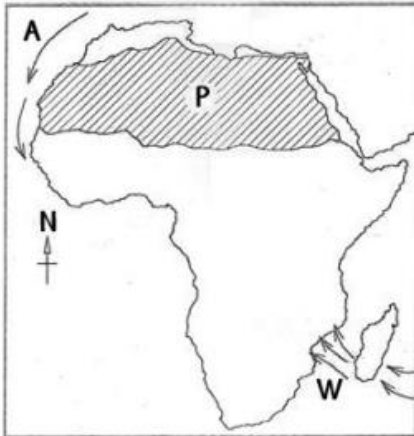
Hence the time = $6 + 3 = 9.00$ am

29. Name the water passage that connects the Mediterranean Sea to the Red Sea.
 Suez Canal

30. Name the landlocked country located in the horn of Africa.
 Ethiopia

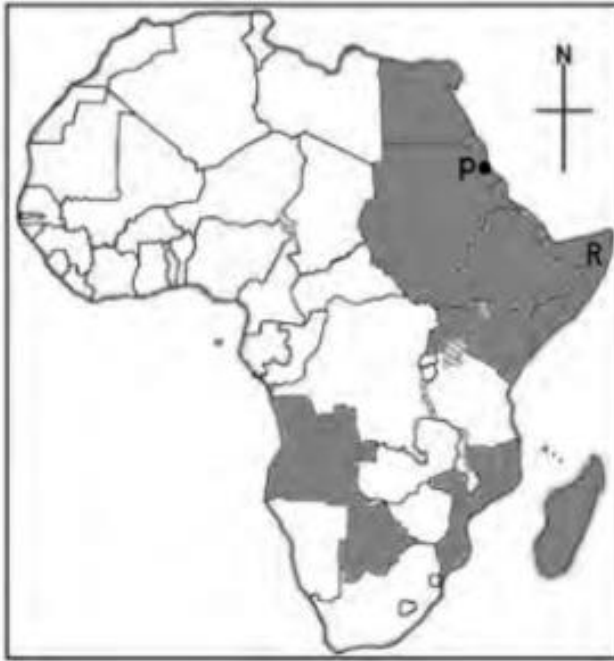
31. Name any lake that forms a natural boundary between Uganda and The Democratic Republic of Congo.
- (i) Lake Albert
 - (ii) Lake Edward
32. Mention any one island country in the African continent that is found in the Indian Ocean.
- Madagascar

33. Study the sketch map of Africa below and use it to answer the questions that follow.



- (a) Name the ocean current marked with letter A.
Canary Current.
 - (b) How do the winds marked W affect the climate of the eastern part of Africa?
South East Trade Winds bring heavy rainfalls on the eastern part of Africa
 - (c) State the type of climate experienced in the shaded region marked P.
Desert climate (hot and dry)
 - (d) Why does the shaded region marked P experience very cold nights?
Has no cloud cover to insulate the area below
Sand gets cold quickly
34. Name the regional grouping to which Ghana belongs.
- West Africa
35. Apart from Rwanda name one other landlocked country that borders Uganda.
- South Sudan
36. Mention any one island country found in West Africa.
- Cape Verde**

37. Study the sketch map of Africa below and answer questions that follow.



- (a) Name the port marked with letter P on the map above.
Massawa
- (b) In which one way does port P benefit its country?
Handles imports and exports
- (c) Name the regional economic grouping to which the shaded countries belong.
Intergovernmental Authority on Development (IGAD).

Key Details about IGAD:

Member Countries: There are **8 member states** in the region:

Djibouti, Eritrea, Ethiopia, Kenya, Somalia, South Sudan, Sudan, and Uganda

- (i) **Purpose:** Its main goals are to promote **economic cooperation**, maintain **peace and security**, and work together on environmental issues like drought and food security.
- (ii) **History:** It was originally formed in 1986 as **IGADD** (Intergovernmental Authority on Drought and Development) to fight against desertification and famine before being "revitalized" into its current form in 1996.
- (iii) **Headquarters:** The central office (Secretariat) is located in **Djibouti City**, Djibouti
- (d) . Mention any one problem faced by country marked R on the map.
- (i) **Hunger and Drought:** It hasn't rained enough for a long time, so crops cannot grow and many farm animals have died. This makes it hard for people to find enough food.

- (ii) **Fighting and War:** Groups like Al-Shabaab cause trouble and fighting, which makes many areas unsafe for families to live in.
- (iii) **Lack of Schools and Hospitals:** Because of the fighting, many children cannot go to school, and there aren't enough doctors or medicine when people get sick.
- (iv) **No Fixed Home:** Many people have had to leave their homes because of the hunger or the fighting and are now living in tents in big camps.

38. Ghana lies on the Prime Meridian if the time in Ghana is 1.00pm, what time will it be in East Africa standard time?

East Africa is located at longitude 45° East

Difference in degrees = 45 – 0 = 45

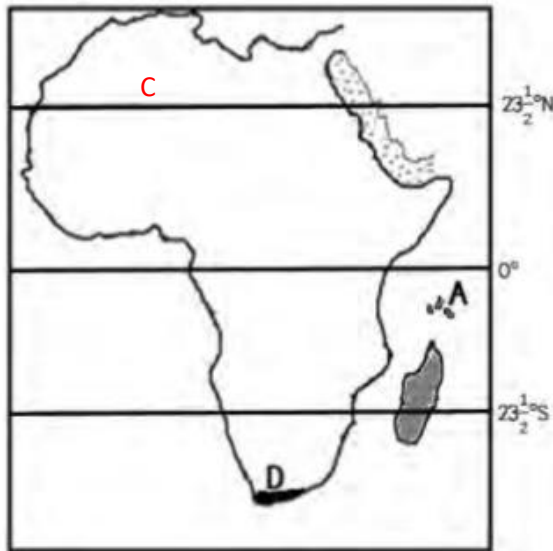
15° is equivalent to 1 hour

45° is equivalent to $\frac{45 \times 1}{15} = 3$ hour

To the East we add

Hence the time = 1 + 3 = 4.00pm

39. Study carefully the sketch map of Africa below and use it to answer the questions that follow.



- (a) Name the islands marked A on the map above
Zanzibar
- (b) Why are the islands marked A on the above remembered in the colonial history of Bunyoro and Buganda Kingdoms?
The British colonial government captured and deported the following leaders to Zanzibar:
 - **Omukama Kabalega** of Bunyoro.

- **Kabaka Mwanga II** of Buganda.
- (c) Show letter C the Tropic of Cancer on the sketch map above
- (d) Mention any one way in which the vegetation zone marked D is important to the people of the area.
Mediterranean vegetation
40. Name the country in the Horn of Africa which was not colonized.
Ethiopia

Thank you

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