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ASIA



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*All statistics are based on information from 2010.

** For further information on pronunciations, research foreign language dictionaries and/or the Internet.

Metric Conversions

The purpose of this page is to aid in the conversion of measurements in this book from the English system to the metric system. Note that the tables below show two types of ounces. Liquid ounces measure the volume of liquids and have therefore been converted into milliliters. Dry ounces measure weight and have been converted into grams. Because dry substances such as sugar and flour may have different densities, it is advisable to measure them according to weight rather than volume. The measurement unit of the cup has been reserved solely for liquid, or volume, conversions.

Conversion Formulas				
when you know	formula	to find		
		when you know	formula	to find
teaspoons	× 5	milliliters	× .20	teaspoons
tablespoons	× 15	milliliters	× .60	tablespoons
fluid ounces	× 29.57	milliliters	× .03	fluid ounces
liquid cups	× 240	milliliters	× .004	liquid cups
U.S. gallons	× 3.78	liters	× .26	U.S. gallons
dry ounces	× 28.35	grams	× .035	dry ounces
inches	× 2.54	centimeters	× .39	inches
square inches	× 6.45	square centimeters	× .15	square inches
feet	× .30	meters	× 3.28	feet
square feet	× .09	square meters	× 10.76	square feet
yards	× .91	meters	× 1.09	yards
miles	× 1.61	kilometers	× .62	miles
square miles	× 2.59	square kilometers	× .40	square miles
Fahrenheit	$(^{\circ}\text{F} - 32) \times \frac{5}{9}$	Celsius	$(^{\circ}\text{C} \times \frac{9}{5}) + 32$	Fahrenheit

Equivalent Temperatures

- 32°F = 0°C (water freezes)
- 212°F = 100°C (water boils)
- 350°F = 177°C
- 375°F = 191°C
- 400°F = 204°C
- 425°F = 218°C
- 450°F = 232°C

Common Cooking Conversions

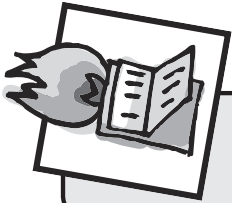
- 1/2 cup = 120 milliliters
- 12 fluid ounces = 354.88 milliliters
- 1 quart (32 ounces) = 950 milliliters
- 1/2 gallon = 1.89 liters
- 1 Canadian gallon = 4.55 liters
- 8 dry ounces (1/2 pound) = 227 grams
- 16 dry ounces (1 pound) = 454 grams

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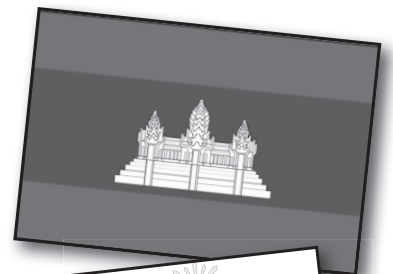
Welcome to Cambodia!

Cambodia, often called Kampuchea, is a country in Southeast Asia. It is bordered by Thailand and Laos to the north, Vietnam to the south and east, and the Gulf of Thailand to the south and west. Because the country is known mostly for its farming, most Cambodians live in rural settings. About a thousand years ago, Cambodia was the center of the magnificent Khmer empire. These people controlled most of Southeast Asia and left behind many fascinating ruins.



FAST FACTS

Official Name:	Kingdom of Cambodia
Location:	Southeastern Asia between Thailand, Vietnam, and Laos
Population:	14,701,717 (2010 estimate)
Capital City:	Phnom Penh
Area:	69,898 square miles
Major Language:	Khmer
Major Religions:	Nearly all Cambodians are Buddhists, with a very small percentage of Muslims and other religious groups
Currency:	The <i>riel</i> 1 riel = 100 <i>sen</i>
Climate:	Tropical, with a monsoon season (May to November) and a dry season (December to April); little seasonal temperature variation
The Land:	Mostly low, flat plains with mountains in southwest and north
Type of Government:	Multiparty democracy under a constitutional monarchy
Flag:	The Cambodian flag is made up of three horizontal stripes: first blue, then red, then blue again. A three-towered white temple in the middle of the red stripe represents a temple (<i>wat</i>) in the old Khmer capital of Angkor.
Coat of Arms:	Two animals appear on the Cambodian coat of arms – a <i>gajasingha</i> (a lion with an elephant trunk) and a <i>singha</i> (lion). The animals are each holding a five-tiered umbrella, and a royal crown sits in between the two. The Khmer phrase on the coat of arms translates to “King of the Kingdom of Cambodia.”
National Flower:	Rumdul
National Animal:	Kouprey
Motto:	“Nation, religion, king.”



Physical Features

Most of Cambodia is bordered by low mountains, except along the coast. The Mekong River, which originates in Tibet, flows down through Cambodia on its way to the South China Sea. One-third of the land is made up of fertile plains. Much of the country is covered in forests.

Cambodia has a dry season and a rainy (monsoon) season. During the dry season, the Tonle Sap River runs southeast from the Tonle Sap Lake and meets the Mekong River at Phnom Penh. The monsoon (rainy) season generally lasts from May to November. During the monsoon season, melting snow from Tibet causes the Mekong and Tonle Sap rivers to rise. This makes the Tonle Sap River flow in the opposite direction. The country averages very warm temperatures (around 85 degrees Fahrenheit) throughout the year. The coastal region experiences heavy rainfall, but the inland area near Phnom Penh receives significantly less.

Cambodia's economy relies on its agriculture. Before the Vietnam War and before the Khmer Rouge Communists came to power, the country produced enough food to feed all its people and export to other countries as well. The main food crops were corn and rice, and rubber was another important export. During the Vietnam War, however, many of Cambodia's rubber plantations were destroyed. It took several decades to rebuild the country's agricultural capabilities.

Before the wars, Cambodia had many factories that produced cement, cloth, paper, plywood, rubber tires, processed foods, and textiles. Unfortunately, most of these industries could no longer function after the various wars. Because most of these factories have closed, Cambodia imports most of its manufactured goods.

In Your Classroom

Chart the interesting path of the Tonle Sap River. Draw red arrows for the direction it flows during the dry season and blue arrows for the direction it flows during the rainy season.

Have the students locate Cambodia on the map. Using a large sheet of paper or poster board, make a map of the country together. Label major cities and bodies of water, such as the Mekong River, the Tonle Sap River, Tonle Sap Lake, and the Gulf of Thailand. Use colored pencils, crayons, or paints to color the map.

Have each student draw and color a Cambodian flag. Hang these flags throughout the classroom, or place them on the front cover of students' binders.



A HISTORY OF CAMBODIA

Throughout its history, Cambodia has always been ruled by a king or queen. This type of government is called a monarchy. From as early as CE 100, Cambodia was home to some of the greatest powers in Southeast Asia. First, the Funan kingdom came to power for several hundred years. Then around CE 600, the Chenla kingdom dominated Southeast Asia for about a century.

From the 800s until the 1400s, Cambodia was home to a Khmer-led Hindu-Buddhist kingdom. In the kingdom's capital, Angkor, the Khmer built many beautiful stone temples. Today, people visit Angkor to see ruins of Khmer architecture and sculpture. Along with temples, the Khmer also built hospitals, roads, irrigation canals, and reservoirs throughout the country. During this time period, the Khmer empire reached its height. They conquered much of modern-day Laos, Thailand, and Vietnam.

Eventually, however, the Khmer kingdom weakened and was overtaken by Thailand in 1431. Despite this, a portion of the kingdom relocated to a region near Phnom Penh and remained an independent kingdom the next 400 years.

France gained control of Cambodia and Vietnam in the mid-1800s. This region was known as French Indochina. During World War II, Thai and Japanese troops occupied Cambodia. Afterward, the country took steps toward becoming an independent nation. France granted Cambodia its independence a few years later in 1953.

After Cambodia gained its independence, King Norodom Sihanouk decided to give up his throne and become the prime minister and later the head of state in 1960. A decade later, two members of Sihanouk's government overtook the country while he was abroad. The new prime minister, Lon Nol, decided that Cambodia would now be a republic and no longer a monarchy. A year later, he declared himself as president and took complete control of the country.

After World War II, Cambodia did not want to get involved in the struggles between Communists and anti-Communists; however, during the Vietnam War, South Vietnam and the United States believed that North Vietnam was hiding some of their weapons and troops in Cambodia. In 1969, the U.S. began to bomb Cambodia. When Sihanouk's government was overthrown, U.S. and South Vietnamese troops entered Cambodia to search for Communist supplies and military bases. This prompted Cambodia to enter the war to protect the country. Those against Communism sided with the U.S. and South Vietnam. Those who supported it were organized into a group called the Khmer Rouge Communists, led by a man named Pol Pot. In 1975, this group overtook the government, renaming the country Democratic Kampuchea. Soon after, Laos was overtaken by Communist forces and North and South Vietnam were reunited into a Communist nation.

While the Communists were in control, most city-dwelling Cambodians were forced to work in supervised labor camps in the country. Under Democratic Kampuchea's law, people were not allowed to use money or practice religion. The government controlled all businesses and farms, and killed many educated people. During this time, many Cambodians starved to death because the country was not producing enough food to feed everyone. Many people escaped to neighboring countries.

From the late 1970s through the late 1980s, Cambodia experienced much turbulence. Tension and fighting with Vietnam led to an overthrow of the Khmer Rouge Communist government. A new government was established, but with little improvement from the last one. In 1991, after much political unrest and warfare, Cambodia finally signed the Paris Peace accords, a cease-fire treaty sponsored by the United Nations.

Cambodia adopted a democratic government with two prime ministers. The country again had Sihanouk as its king. This time, however, the king was not given much power. The Khmer Rouge resisted the new government and did not participate in the elections. By the late 1990s, many of the Rouge's leaders had either died or been arrested. The movement ended by 1999.

Establishing a new government was not easy, especially at first. The two prime ministers struggled to out-do the other and achieve more power. This caused much political unrest during the beginning of the new government. In time, however, Cambodia has adjusted. The country's past two elections have been relatively peaceful.



King Norodom