

The Respiratory System

Answer Key

1. The two phases of the breathing process are inhalation and exhalation.
2. During inhalation, the diaphragm contracts and moves downward.
3. The diaphragm creates space for air in the chest cavity by expanding it.
4. Exhalation is a passive process where the diaphragm relaxes.
5. The cycle of inhalation and exhalation is important because it ensures our bodies receive the oxygen they need to function.