

# THE PROCESS OF MEIOSIS

Meiosis is a process in which a single cell divides two times to make four cells that each have half the original amount of genetic material. These cells are known as our sex cells, which are sperm in males and eggs in females.

STAGE		DESCRIPTION
Prophase 1		Chromosomes pair up and recombination occurs.
Metaphase 1		Chromosomes line up in the middle. Spindle fibers are formed and attached to centromeres.
Anaphase 1		Homologous chromosomes are pulled apart by spindle fibers.
Telophase 1/Cytokinesis		Cell pinches in the middle.
Prophase 2		Two daughter cells are formed.
Metaphase 2		In each daughter cell the chromosomes line up in the middle.
Anaphase 2		Sister chromatids are pulled apart by the spindle. Separated chromatids are not individual chromosomes.
Telophase 2/Cytokinesis		The cell pinches in the middle and cytokinesis is complete there are four granddaughter cells each with half a set of chromosomes.

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