

# Anaphase

Chromatids separate and move to opposite poles

# Prophase

Chromosomes visible, nuclear membrane disappears, centrioles move to poles, spindle forms between centrioles

# Metaphase

Chromosomes line up along the equator

# Telophase

Nuclear membrane reforms, cytokinesis begins

# Interphase

Chromosomes  
duplicate,  
organelles  
increase in number

# Spindle

Attaches to  
centrioles,  
moves  
chromosomes

# Centrioles

Form the  
spindle, move to  
opposite poles  
during mitosis

# Mitosis

Results in two  
daughter cells with  
the exact same  
number of  
chromosomes

**Cancer**

Disease  
caused by  
uncontrolled  
cell division

**Centromere**

Connects two  
duplicate  
chromosomes

**Chromatid**

A chromosome  
contains two  
exact copies

**Cytokinesis**

Process where the  
one cell splits into  
two, occurs at the  
end of telophase