

Name \_\_\_\_\_

## The Diaphragm: Your Breathing Buddy

### Multiple Choice Questions

1. Where is the diaphragm located in the body?
  - a) Above the heart
  - b) Below the lungs
  - c) Beneath the brain
  - d) Behind the stomach
  
2. What is the central tendon of the diaphragm?
  - a) A strong, flat anchor in the center of the diaphragm
  - b) A thin thread-like structure
  - c) A muscle that contracts during exhalation
  - d) A point of attachment to the ribs
  
3. What role does the diaphragm play during inhalation?
  - a) It relaxes and moves upward
  - b) It creates high pressure inside the lungs
  - c) It contracts and moves downward
  - d) It pushes air out of the lungs
  
4. How does the diaphragm help with exhalation?
  - a) It contracts and moves downward
  - b) It creates low pressure inside the lungs
  - c) It relaxes and moves upward
  - d) It increases lung volume
  
5. What controls the diaphragm's movements during breathing?
  - a) The digestive system
  - b) The skeletal system
  - c) The respiratory center in the brain
  - d) The circulatory system

