Complete the text:

The respiratory system

The _____ is an essential organ for breathing. It is a large dome-shaped muscle situated under the lungs.

Respiration has two stages:

1. _____**:** when we inhale **we breathe in the** _____ we need to live. The diaphragm contracts and descends.
2. _____: when we exhale, **we breath out** _____, the waste we don't need. The diaphragm relaxes and rises.

The process of respiration:

a) We inhale air through the _____ **and** _____.
b) Air goes down the _____**,** through the _____ and into the _____**.**
c) Air passes from the _____to the _____**.**
d) Here, oxygen passes into the _____ and **carbon dioxide enters the lungs**.
e) **We exhale carbon dioxide**.