Motion of particles meaning material. The particles in the table is a solid they cannot flow, or move. Fluids and gasses behave the same, they can flow what makes them flow is the size of the particles. The human body and all cells, the more you can get for nothing is better the natural movement of things is normally how we function. If we had to have energy for everything, it would be hard. All cells have a cell membrane and then a cell wall the cell membrane is what causes things to move. Concentration Gradient, particles move from a greater concentration of particles to lesser. The cell membrane allows water, oxygen and other things to pass through easily. If there is a lot of oxygen outside of the cell it will move to inside.

The movement is called diffusion. Particles mix: solute, solvent. Solution. When he sprayed the air freshener in the room that was the solute, the air was the solvent and the mixture was the solution

The cell membrane is selectively permeable. It is designed to select what goes in and what goes out. Macromolecules have to be transported by endo or exocytosis. Gas exchange in the lungs occurs by diffusion. The blood has the ability to absorb oxygen and carbon dioxide. The body is taking the oxygen to the lungs and then it goes to every cell in the body. The carbon dioxide goes out into the bloodstream because there is less there. The oxygen goes in the lungs because there none there. The carbon dioxide goes out because there is less in the room than there is in your body.

Osmosis- refers to the movement of water only. Kind of like diffusion but only happens when the water can't move.