In my OWN words this	TEXT	Write or draw what
means		you visualize while
		reading the text.
	Where Do Cells Get the Materials They Need? What would happen to a factory if its power was shut-off or its supply of materials never arrived? What would happen if the factory couldn't get rid of its garbage? Like a factory, an organism must be able to get energy and raw materials and get rid of wastes. These jobs are done by an organism's cells. Materials move in and out of the cell across the cell membrane. Many materials, such as water and oxygen, can cross the membrane by diffusion.	
	Everything, including the gelatin and the dye, is made of tiny moving particles. Particles tend to move from places where they are crowded to places where they are less crowded. When there are many of one type of particle, this is a high concentration. When there are fewer of one kind of particle, this is a low concentration. The movement from areas of high concentration to areas of low concentration is called diffusion .	
In my OWN words this means	TEXT	Write or draw what you visualize while reading the text
	Substances, such as water, are made up of particles called <i>molecules</i> . Pure water has the highest concentration of water molecules. This means that 100% of the molecules are water molecules. If you mix another substance, such as food coloring, into the water, you lower the concentration of water molecules. This means that water molecules no longer make up 100% of the total molecules. If a membrane is <i>semipermeable</i> —that is,	

	only some substances can pass through it. The membrane lets smaller molecules, such as water, pass through. Larger Molecules, such as food coloring, cannot pass through. Water molecules will move across the membrane. The diffusion of water through a membrane is called osmosis.	
In my OWN words this means	TEXT	Write or draw what you visualize while reading the text
	Small particles, such as sugars, can cross the cell membrane through passageways called channels. These channels in the cell membrane are made of proteins. Particles can travel through these channels by passive transport or by active transport. During passive transport, particles move through the cell membrane without using energy from the cell. During passive transport, particles move from areas of high concentration to areas of lower concentration. Diffusion and osmosis are examples of passive transport. During active transport, the cell has to use energy to move particles through channels. During active transport, particles usually move from areas of low concentration to areas of high concentration.	