

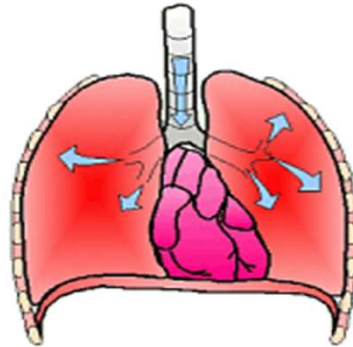
## ***OSMOSIS IS NOT THE ONLY METHOD FOR EXCHANGE OF MATERIALS***

***in and out of the cell without spending energy.....***

There are many first processes called as

### ***DIFFUSION***

For eg. **Taking in of OXYGEN from the air into the body**



And giving out Carbon dioxide outside the body

**Then how is OSMOSIS different from DIFFUSION???**

<b><i>DIFFUSION</i></b>	<b><i>OSMOSIS</i></b>
It occurs in <b>any medium</b>	It requires <b>liquid medium</b>
The diffusing molecules can be <b>solid, liquid or gases</b>	It involves movement of <b>only solvent molecules</b>
<b>Semi permeable membrane is not required</b>	<b>Semi permeable membrane is required</b>

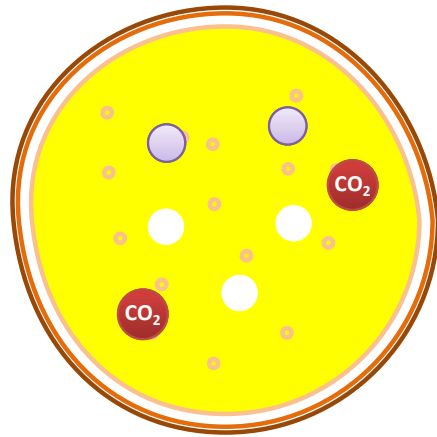
- The flexibility of cell membrane also enables the cells to engulf in food and other material from its external environment.
- The cell of amoeba engulfs food from the surrounding.



- This process is known as endocytosis.
- This process requires energy.

Inside the cell

- The cell throws out waste and other secretions.



outside the cell

- This process is known as exocytosis.
- This process requires energy.