



Handwritten notes on the right side of the page:

1. Diffusion is the movement of particles from a high concentration to a low concentration.

2. Osmosis is the movement of water molecules from a region of high water potential to a region of low water potential.

3. Facilitated diffusion is the movement of molecules through a channel or carrier protein.

4. Active transport is the movement of molecules from a low concentration to a high concentration, requiring energy.

5. Carrier-mediated transport is a type of active transport where a carrier protein changes shape to move a molecule.

6. Channel-mediated transport is a type of active transport where ions move through a channel protein.