Osmosis

Osmosis*oz MOH sihs or os MOH sihs*is the process by which liquid moves from one *solution* to another through a membrane*MEHM brayn*. A solution is a mixture of two or more substances in which one or more substances dissolvesbreaks upinto another. All of the substances are spread evenly throughout a solution. A membrane is a thin, skinlike material through which some substances can pass, but others cannot.

A liquid solution is made up of a liquid, called a *solvent,* and another substance, called a *solute,* that has dissolved in the liquid. During osmosis, some solvent from one solution moves through tiny holes in a membrane into another solution. The solute cannot pass through the membrane because its *molecules* are bigger than the holes. Molecules are groups of atoms. The result of osmosis is the transfer of the solvent across the membrane.

Osmosis is an essential process for living things. Osmosis helps bring water and nutrients into body fluids and cells. The membrane surrounding the cells of living things is called the *cell membrane.* This membrane uses osmosis to allow such nutrients as calcium and potassium to move in and out of the cell as they are needed. The roots of many plants also use osmosis to absorb water from the surroundings. Osmosis is also used by plants to provide support and structure to stalks and leaves by filling them up with water.

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