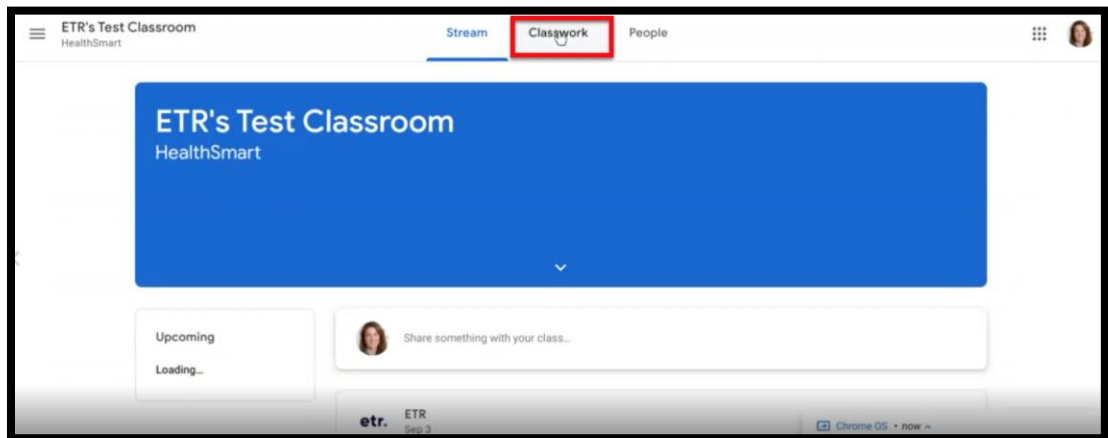
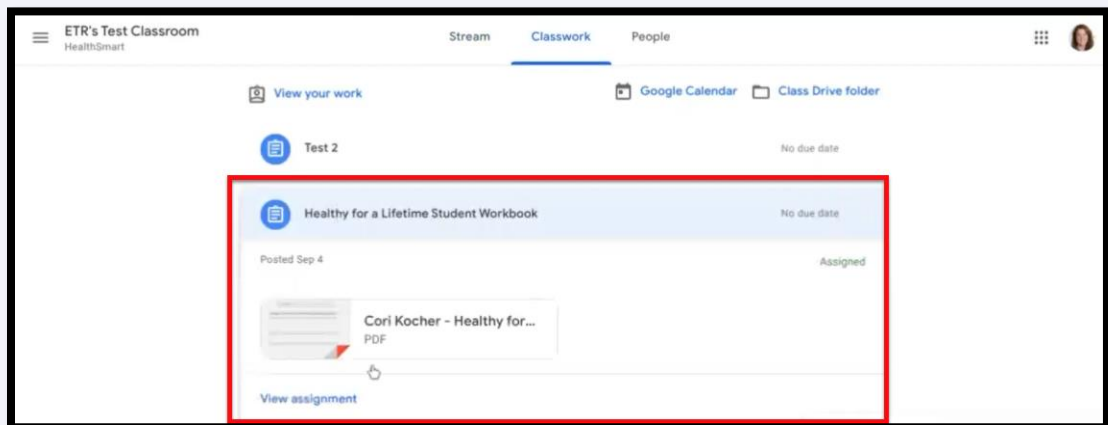
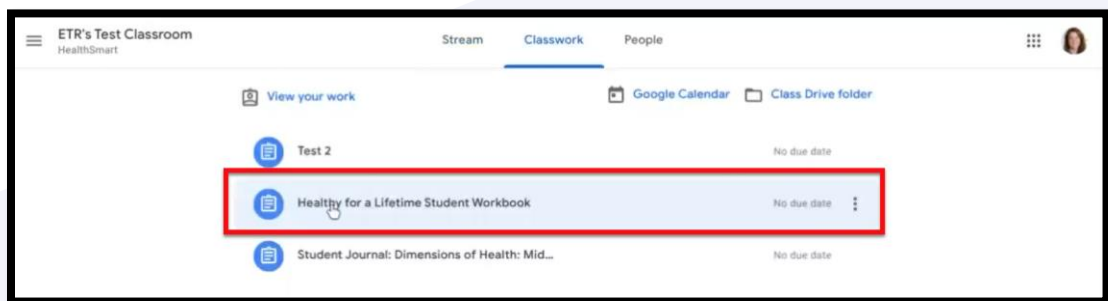


## How to Submit an Edited PDF (as a Student)

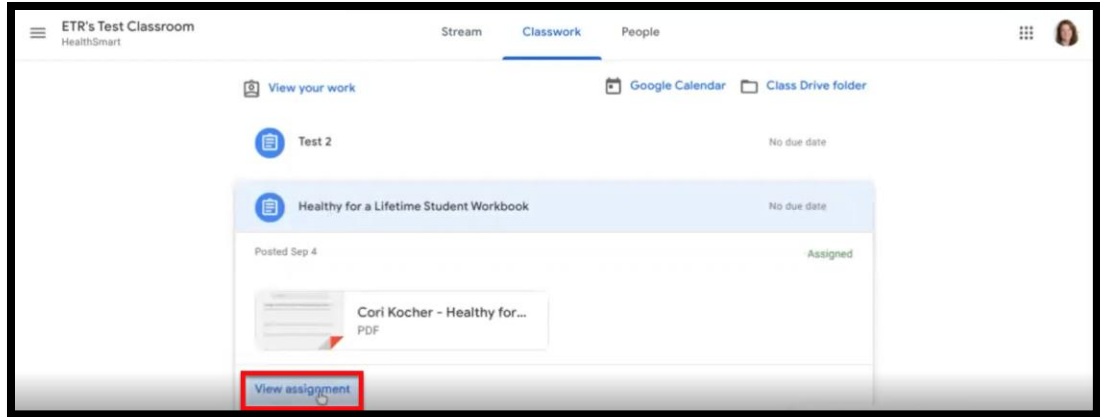
1. Open up your Google Classroom.
2. Click the **Classwork** tab.



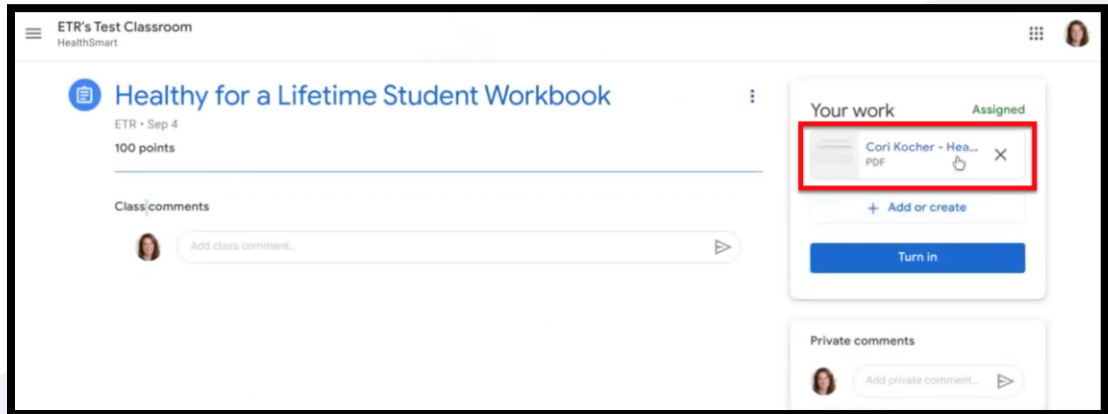
3. Click on the assignment that you want to fill out and submit to expand the view.



4. Click the **View assignment** button.



- From the “Your Work” block on the right-hand side of the screen, click on the PDF that is associated with that assignment.



- Once the PDF opens, click the **More actions** button and select “Open in a new window” from the drop-down menu.



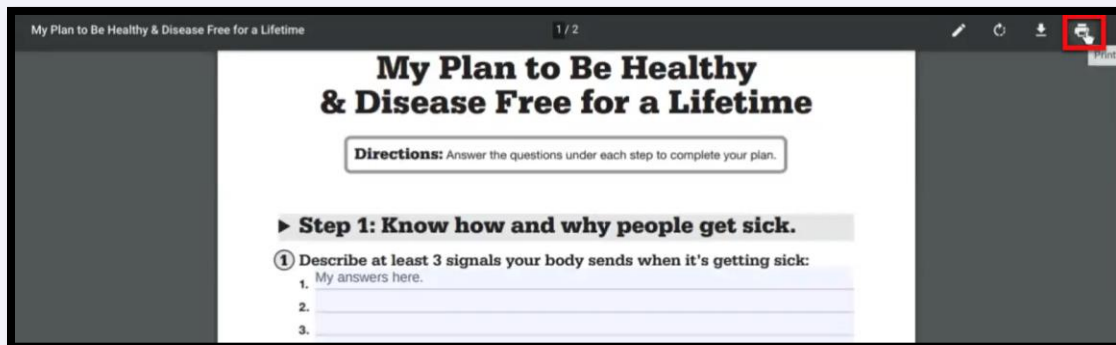
- To edit the PDF select the new window with the PDF and click the **Print** button. This will open the PDF in a new tab.



8. Select the new tab with the editable PDF and answer the questions.



9. Once you have answered all of the questions in the PDF for the assignment, click the **Print** button again.



10. From the print dialogue box, choose “Save as PDF” from the “Destination” drop-down menu. Then click the **Save** button.

### My Plan to Be Healthy & Disease Free for a Lifetime

**Directions:** Answer the questions under each step to complete your plan.

**► Step 1: Know how and why people get sick.**

1 Describe at least 3 signals your body sends when it's getting sick:  
My answer here:  
1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

2 What is the difference between infectious and noninfectious disease?  
My answer here: \_\_\_\_\_

3 Describe at least 3 ways a person could catch an infectious disease:  
1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

4 Describe at least 2 things in the environment that could lead to chronic disease:  
1. \_\_\_\_\_  
2. \_\_\_\_\_

5 Describe at least 3 unhealthy behavior choices that could lead to chronic disease:  
1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

(continued)

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Print 2 pages

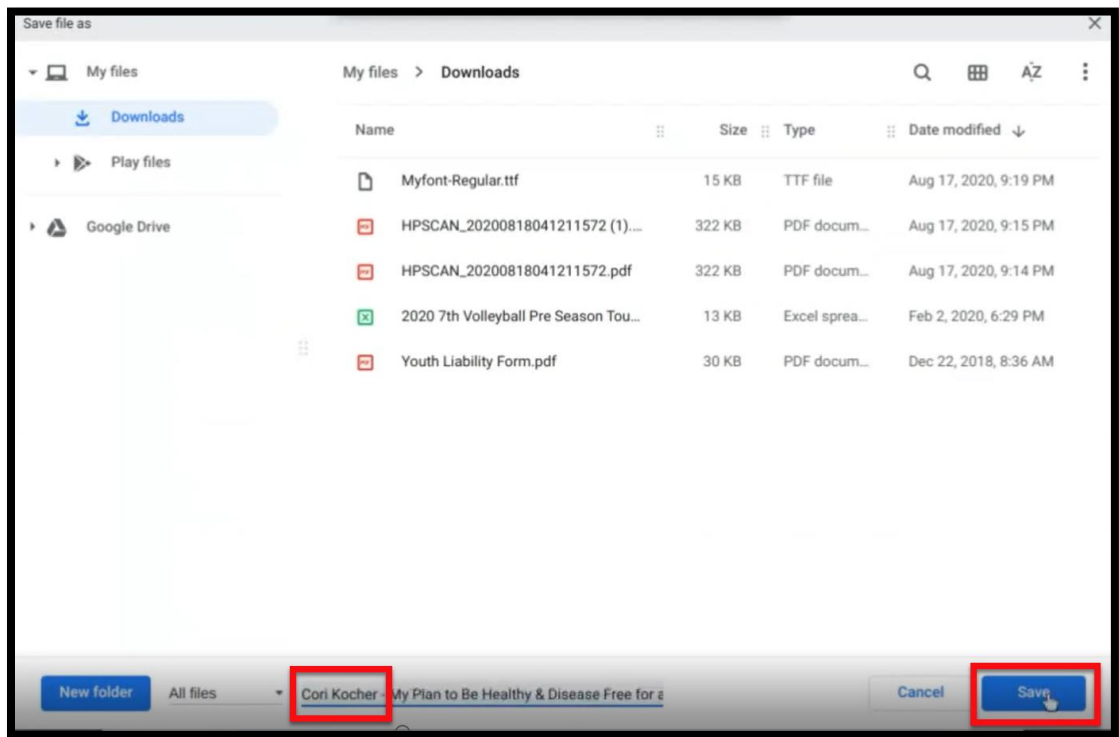
Destination **Save as PDF**

Pages All

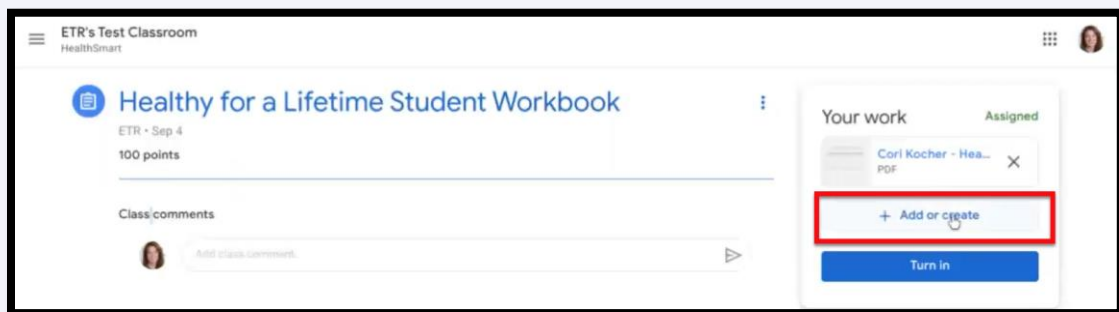
Pages per sheet 1

Options  Print as image

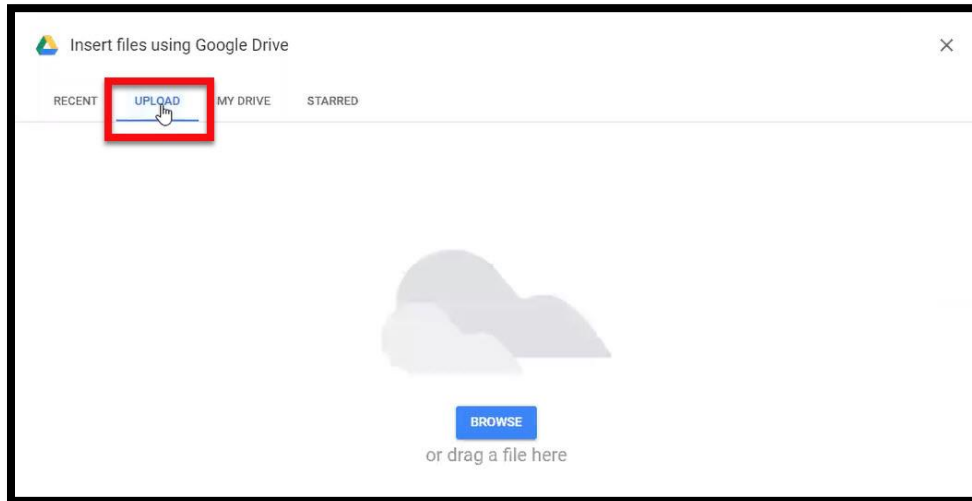
11. This will open up the “Save file as” dialogue box. Add your name to the beginning of the file name and then hit **Save** button again.



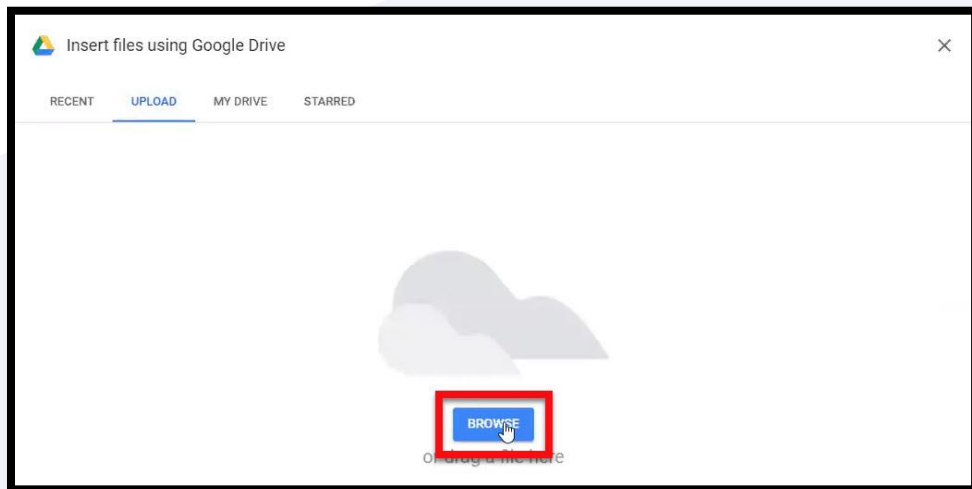
12. Close all of the extra PDF windows and go back to your Google Classroom.
13. Upload the edited PDF that you saved by clicking the **Add or create** button.



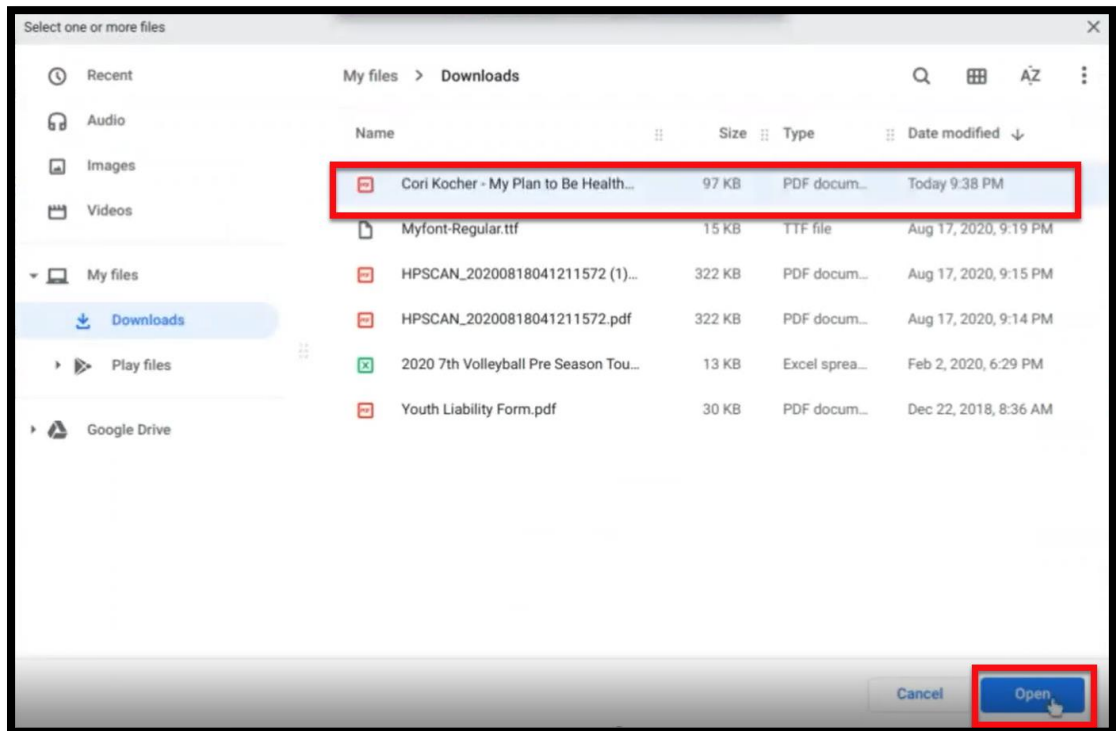
1. Click the **Upload** tab.



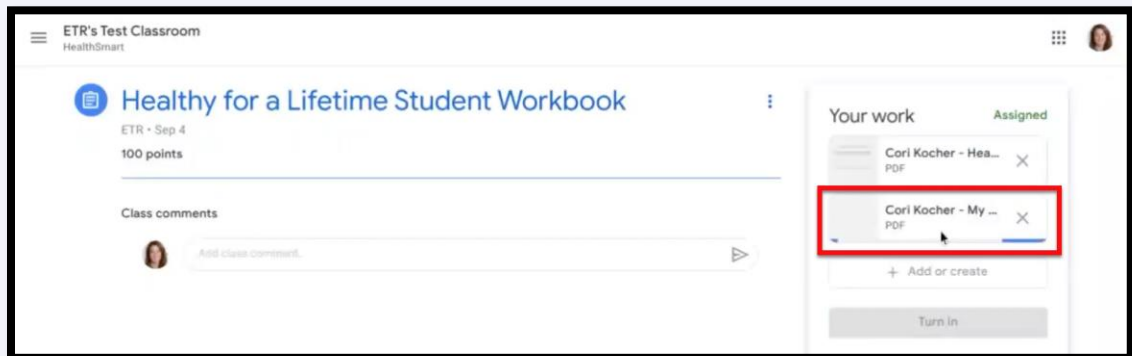
2. Click the **Browse** button to upload the fillable Student Workbook PDF that you downloaded to your computer from the HealthSmart lessons on the ETR website.



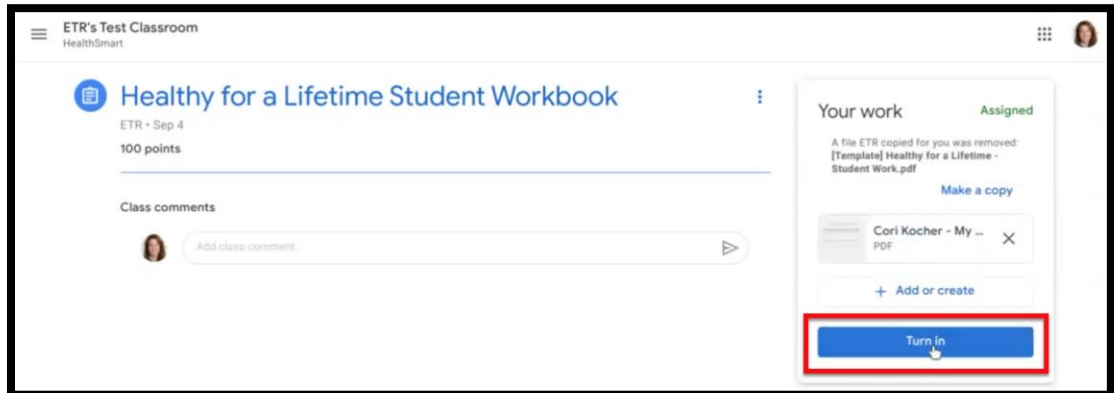
3. Navigate to the file, select it, and click **Open**.



4. Now you should see the file your uploaded in the “Your work” block. *Note: You can remove the original PDF file by clicking the “x” next to the file name.*



5. Click the **Turn in** button to complete the assignment.



6. Click the **Turn in** button in the confirmation window. You're assignment is now submitted! *Note: If you need to, you can unsubmit your assignment by clicking the **Unsubmit** button underneath the PDF in the "Your work" block and start over.*

