

# FUNCTIONAL READING ACUITY TEST

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Fork  
in the  
Road

Vision  
Rehabilitation  
Services LLC

This test is a non-standardized screening test for reading disability under high contrast and low (approximately 10%) contrast conditions. and for approximating the best print size required for reading. See Whittaker, SG, Scheiman, M., Sokol-McKay, D. Low Vision Rehabilitation: A Practical Guide for Occupational Therapists, Slack, 2016 for administration procedures. Developed by Stephen G Whittaker.

She ran through the  
field kicking the ball  
toward the other goal.

pillow broken 1,380

The children sat very  
still while the man told  
a story about frogs.

6.6M,

grown string 13,264

A group of sailors dashed through the park into the waiting car.

5M

seat please 1,450

The teacher who was wearing a bright red shirt sang an old song.

4M

early neared 23,640

I parked my green truck in the gravel lot near the motel office.  
singer underway 433

3.3M

Many people walk from our dining room to the large front porch.  
cannot hearing 5,625

2.5M

The boss returned to the office with three cups of hot coffee.  
glowing become 10,820

2.0M

SAMPLE

He carried the old books  
and stacks of paper  
down the stairs.

drink anyone 123,516

1.6M

She locked the front door  
and carried boxes  
of food to her car.

everything stone 2,512

1.25M

The little girl looked at  
three wild animals  
climbing the hill.

stand hardened 34,510

1.0M

The boy read the  
numbers next to a dim  
light in the old kitchen.

mainland cold 312,208

0.8M

A handsome young  
couple rode down the  
road in a fast red car.

without glowing 206

0.6M

For the past several  
days the ground has  
been dry and very hard.

show advice 405

0.5M

The excited crowd listened  
to the band play  
songs from the past.

football along 23,104

0.4M

SAMPLE

# Chart design and Equivalent Snellen Acuity.

M*	Size (mm)	Points (Cambria)	At 40cm	At 33cm
8	11.6	76	20/400	20/500
6.6	9.3	62	20/320	20/400
5	7.3	47	20/250	20/320
4	5.8	39	20/200	20/250
3.3	4.6	31	20/150	20/200
2.5	3.7	25	20/125	20/150
2.0	2.9	20	20/100	20/125
1.6	2.3	15	20/80	20/100
1.25	1.8	12	20/60	20/80
1.0	1.4	10	20/50	20/60
0.8	1.2	8	20/40	20/50
0.6	0.93	6	20/30	20/40
0.5	0.73	4.5	20/25	20/30
0.4	0.58	3.5	20/20	20/25

\*Distance in meters at which the lower case "o" width is 5 minarc

Based on width of the letter lower case "o" – Cambria (a serif) font. San serif fonts and numbers of the same font size are typically larger. Note points are M size X 10.

**Measuring reading acuity.** This chart has not been standardized or validated. It is for screening for disability only. It is impossible to identify a reading level for individual sentences using a standard metric. A formal validation study would be required to equate the difficulty level of these sentences. By design and examining the results of 4 reading level metrics and vocabulary used in the sentences, the reading level is estimated to be between 4-6 grade USA.



PO BOX 4003  
ACWORTH, GA 30101

Manage Your Account	Account Number	Date Due
<a href="http://www.vzw.com">www.vzw.com</a>	615884388-00001	04/05/16
Change your address at <a href="http://vzw.com/changeaddress">vzw.com/changeaddress</a>	Invoice Number	7331135793

John Q Public  
20 Main Street  
Somewhere, AZ 12345

### Quick Bill Summary

Feb 11 – Mar 10

Previous Balance (see back for details)	\$125.55
Payment – Thank You	-\$125.55
<b>Balance Forward</b>	<b>\$0.00</b>
Monthly Charges	\$121.25
Equipment Charges	\$27.08
Verizon Wireless' Surcharges and Other Charges & Credits	\$7.16
Taxes, Governmental Surcharges & Fees	\$6.78
<b>Total Current Charges</b>	<b>\$162.27</b>

**Total Charges Due by April 05, 2016 \$162.27**

#### Verizon Wireless News

#### See Where You Use Data The Most

We know it's important to have tools to help monitor your usage. That's why we've created the new Data Utilization tool in My Verizon. Now you can easily view your data usage by category. Visit [vzw.com/datautilization](http://vzw.com/datautilization).

Pay from phone

Pay on the Web

Questions:

#PMT

My Verizon at [www.vzw.com](http://www.vzw.com)

1.800.922.0204 or \*611 from your phone



John Q Public  
20 Main St  
Somewhere, AZ 12345

Bill Date  
Account Number  
Invoice Number

March 10, 2016

**Total Amount Due by April 05, 2016**

Make check payable to Verizon Wireless.  
Please return this remittance slip with payment.

**\$162.27**

\$    .

P.O. BOX 25505  
LEHIGH VALLEY, PA 18002-5505



NOTICE: Bank account and routing numbers will be retained to enable future payments by phone or online. To opt out, call 1-866-544-0401.



Name: **John Doe**  
Account Number: **8934- 2312**  
Phone Number: **(123) 456- 7890**  
Service Address: **20 Main St**  
**Anywhere, PA 12345**

**Billing Summary**

Bill Date 01/14/2016  
Thank you for your payment of \$118.80

**Current Period Charges**

Electric \$118.45  
**Total New Charges** **\$118.45**  

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**Total Amount Due on 02/05/2016** **\$118.45**

**General Information**

Next scheduled meter reading: **February 16, 2016**  
PECO, 2301 Market Street, Philadelphia, PA 19103-1380. If you have any questions or concerns, please call **1-800-494-4000** before the due date. Si tiene alguna pregunta, favor de llamar al numero **1-800-494-4000** antes de la fecha de vencimiento.

**Customer Self Service - Manage Your Account 24/7**

- [www.peco.com/ebill](http://www.peco.com/ebill) - Go paperless: receive and pay your bill
- [www.peco.com/service](http://www.peco.com/service) - Start, stop and transfer your service
- [www.peco.com/SmartIdeas](http://www.peco.com/SmartIdeas) - Save energy and money
- Pay by phone with credit/debit card at **1-877-432-9384** (\$2.35 fee)

**Contact Your Electric Supplier:**

THE ENERGY CO-OP, 1315 Walnut St. Ste 1000, PHILADELPHIA, PA 19107, 215-413-2122

**Message Center**

**From PECO:**

New charges contain estimated total state taxes of \$3.90, including \$7.23 for State Gross Receipts Tax.

Your estimated electric price to compare is \$0.0835 per kWh. This may change in March, June, September and December. For more information and supplier offers visit [www.PAPowerSwitch.com](http://www.PAPowerSwitch.com) and [www.oqa.state.pa.us](http://www.oqa.state.pa.us).

8934- 2312

When paying in person, please bring the entire bill.

(continued on next page)

Return only this portion with your check made payable to PECO. Please write your account number on your check.



- Check here to enroll in Power Pay automatic account debit and complete form on reverse side.
- Check here to pledge a donation to MEAF and complete form on reverse side.

To pay by phone call 1-877-432-9384.  
A convenience fee will apply.

**JOHN DOE**  
**20 MAIN ST**  
**ANYWHERE, PA 12345**

Account Number  
**8934- 2312**

Payment Receipt Stamp

Payment Amount

Please pay this amount by 02/05/2016 **\$118.45**

PECO - PAYMENT PROCESSING  
PO BOX 37629  
PHILADELPHIA PA 19101-0629



**RITE AID** Store DBA#  
 11096 0269810 DATE FILLED: 02/03/2017  
 ORIG RX DATE: 02/03/2017 RPH: PBC

**DOE, JOHN**  
 APPLY TO AFFECTED AREA TWICE A DAY FOR 2 WEEKS

**MUIPIROCIN 2% OINTMENT**  
 DISP FOR: BACTROBAN  
 OFF-WHITE  
 Lbr: TPVA USA MFR: TEVA USA

QTY: 22  
 DISCARD AFTER 02/03/2018  
 REFILL 2 TIMES UNTIL 02/02/2018

CONTAINS ACETAMINOPHEN. DO NOT USE WITH OTHER MEDICATIONS THAT CONTAIN ACETAMINOPHEN UNLESS DOCTOR APPROVES. TOO MUCH CAN CAUSE LIVER DAMAGE.

TAKING MORE OF THIS MEDICATION THAN RECOMMENDED MAY CAUSE SERIOUS BREATHING PROBLEMS.

MAY CAUSE DROWSINESS. ALCOHOL MAY INTENSIFY THIS EFFECT. USE CARE WHEN OPERATING A VEHICLE, VESSEL (E.G. BOAT), OR

**RITE AID** Store DBA#  
 11096 0184348 DATE FILLED: 03/11/2014  
 ORIG RX DATE: 03/11/2014 RPH: PBC

**PUBLIC, JOHN Q**  
 1 DROP WHILE AWAKE EVERY 4 HRS IN AFFECTED EYE

**CIPROFLOXACIN 0.3% EYE DROP**  
 DISP FOR: CILOXAN  
 Lbr: SANDOZ MFR: SANDOZ

QTY: 5  
 DISCARD AFTER 03/11/2015  
 NO REFILLS LEFT

CAUTION: Federal law prohibits the transfer of this drug to any person other than the patient for whom it was prescribed.

MEDICATION SHOULD BE TAKEN WITH PLENTY OF WATER.

TAKE THIS DRUG AT LEAST 2 HRS B/F OR 6 HRS AFTER MAGNESIUM OR ALUMINUM WITH ANTACID/SOR PRODUCTS W/ CALCIUM/IRON/ZINC.

**RITE AID** Store DBA# AK#  
 11096 0179957 DATE FILLED: 01/14/2014  
 ORIG RX DATE: 01/13/2014 RPH: PBC

**DOE, JANE H**  
 TAKE 1 TABLET BY MOUTH EVERY 12 HOURS FOR 10 DAYS

**CIPROFLOXACIN HCL 750 MG TAB**  
 E/C OBLONG WHITE C 93  
 Lbr: AUROBINDO PHARM MFR: AUROBIND

QTY: 20  
 DISCARD AFTER 01/13/2015  
 NO REFILLS LEFT

**SAMPLE**



# Wheat Thins

## Nutrition Facts

Serving Size 16 pieces (31g)  
Servings Per Container About 8

### Amount Per Serving

Calories 150 Calories from Fat 45

### % Daily Value\*

<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Potassium</b> 95mg	<b>3%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 4g	

### Protein 2g

Vitamin A 0% • Vitamin C 0%  
Calcium 0% • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

**INGREDIENTS:** WHOLE GRAIN WHEAT FLOUR, SOYBEAN OIL, SUGAR, CORNSTARCH, MALT SYRUP (FROM CORN AND BARLEY), REFINER'S SYRUP, SALT, VEGETABLE COLOR (TURMERIC OLEORESIN, ANNATTO EXTRACT).

BHT ADDED TO PACKAGING MATERIAL TO PRESERVE FRESHNESS.

**CONTAINS: WHEAT.**

MONDELEZ GLOBAL LLC, EAST HANOVER, NJ 07936 USA



# Kellogg's ALL-BRAN<sup>®</sup> Original

## Nutrition Facts

Serving Size 1/2 Cup (31g/1.1 oz.)  
Servings Per Container About 17

Amount Per Serving	Cereal	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk
<b>Calories</b>	80	120
Calories from Fat	10	10

### % Daily Value\*\*

<b>Total Fat</b> 1g*	<b>2%</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b> 80mg	<b>3%</b>	<b>6%</b>
<b>Potassium</b> 350mg	<b>10%</b>	<b>16%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>	<b>10%</b>
Dietary Fiber 10g	<b>40%</b>	<b>40%</b>
Soluble Fiber 1g		
Sugars 6g		
Other Carbohydrate 7g		

### Protein 4g

Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B <sub>6</sub>	100%	100%
Folic Acid	100%	100%
Vitamin B <sub>12</sub>	100%	110%
Phosphorus	35%	45%
Magnesium	25%	30%
Zinc	10%	15%
Copper	10%	10%

\* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.

\*\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** WHEAT BRAN, SUGAR, HIGH FRUCTOSE CORN SYRUP, MALT FLAVORING, CALCIUM PHOSPHATE, CALCIUM CARBONATE, SALT, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), REDUCED IRON, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B<sub>6</sub>), RIBOFLAVIN (VITAMIN B<sub>2</sub>), FOLIC ACID, THIAMIN HYDROCHLORIDE (VITAMIN B<sub>1</sub>), VITAMIN A PALMITATE, VITAMIN B<sub>12</sub> AND VITAMIN D.

### CONTAINS WHEAT INGREDIENTS.

Product of Canada  
Distributed by Kellogg Sales Co.  
Battle Creek, MI 49016 USA  
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### Exchange: 1 Carbohydrate

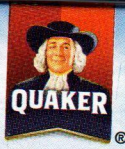
The dietary exchanges are based on the *Choose Your Foods: Exchange Lists for Diabetes*, ©2008 by American Dietetic Association and American Diabetes Association.

New Users: Increase your fiber intake gradually. Intestinal gas may occur until your body adjusts. If digestive pain occurs consult your doctor and avoid laxatives.

### Questions or Comments?

visit [kelloggs.com](http://kelloggs.com)  
CALL 1-800-962-1413  
(SE HABLA ESPAÑOL)  
WRITE P.O. Box CAMB  
Battle Creek, MI 49016  
PROVIDE PRODUCTION CODE ON PACKAGE.

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Insert Made in USA



# OATMEAL SQUARES

## Nutrition Facts

Serving Size 1 Cup (56 g)  
Servings Per Container about 7

Amount Per Serving	Cereal Alone	With 1/2 Cup of Vit. A & D fortified skim milk
<b>Calories</b>	210	250
Calories from Fat	25	25

### % Daily Value\*\*

<b>Total Fat</b> 2.5g*	<b>4%</b>	<b>4%</b>
Saturated Fat 0.5g	<b>2%</b>	<b>3%</b>
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 1g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b> 190mg	<b>8%</b>	<b>10%</b>
<b>Potassium</b> 200mg	<b>6%</b>	<b>11%</b>
<b>Total Carbohydrate</b> 44g	<b>15%</b>	<b>17%</b>
Dietary Fiber 5g	<b>19%</b>	<b>19%</b>
Soluble Fiber 2g		
Sugars 9g		
Other Carbohydrate 30g		

### Protein 6g

Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	90%	90%
Vitamin E	10%	10%
Thiamin	25%	30%
Riboflavin	25%	40%
Niacin	25%	25%
Vitamin B <sub>6</sub>	20%	25%
Folic Acid	100%	100%
Phosphorus	20%	30%
Zinc	25%	30%

\* Amount in Cereal. One half cup skim milk contributes an additional 65mg Sodium, 200mg Potassium, 6g Total Carbohydrate (6g Sugars), and 4g Protein.

\*\* Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

Calories per gram  
Fat 9 • Carbohydrates 4 • Protein 4

**Ingredients:** Whole grain oat flour, whole wheat flour, brown sugar, sugar, maltodextrin, malted barley extract, molasses, salt, calcium carbonate, sodium bicarbonate, natural flavor, yellow 5, sodium ascorbate, reduced iron, yellow 6, alpha tocopheryl acetate (vitamin E), BHT (preservative), niacinamide (vitamin B<sub>3</sub>), zinc oxide, thiamin mononitrate (vitamin B<sub>1</sub>), folic acid, pyridoxine hydrochloride (vitamin B<sub>6</sub>), vitamin A palmitate, riboflavin (vitamin B<sub>2</sub>).

### CONTAINS WHEAT INGREDIENTS.

Partially Produced with Genetic Engineering



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THE QUAKER OATS COMPANY  
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BEST BEFORE 04/17/11



# Buttermilk PANCAKE MIX

## THE MILK'S ALREADY IN THE MIX

A superb quality mix made from first grade unbleached, unenriched flour of the same fine quality made famous since 1823. Milled from select grains and blended with the best known ingredients.

**DIRECTIONS:** Preheat griddle to 375°F. Mix with cold water. Stir to proper consistency, add egg if you wish, and bake at once on a hot griddle.

### QUICK PANCAKE RECIPE — MAKES ABOUT 16 PANCAKES

2 cups pancake mix •  $1\frac{3}{4}$  cups cold water (no milk necessary)  
1 egg (if you wish, or 2 tbsp. melted shortening or cooking oil)

Mix until batter is smooth. Pour about 3 tbsp. batter on hot griddle for each cake (griddle should be lightly greased). Bake until bubbles break over surface, turn and brown other side.

### DELICIOUS WAFFLE RECIPE — MAKES WAFFLES FOR 4

2 cups pancake mix •  $1\frac{1}{2}$ -2 cups cold water  
2 tbsp. melted shortening or cooking oil • 2 beaten eggs

Mix flour and water together, fold in well beaten eggs and shortening. Bake at once on a hot waffle iron.

### FABULOUS FISH BATTER

1 cup pancake mix • 1 cup cold club soda or soda of choice  
Additional pancake mix for coating fish • Salt & Pepper (optional)

Dip the fish filets lightly in the additional dry pancake mix to coat evenly.

Set them aside (not touching) on waxed paper. Mix 1 cup of pancake mix, club soda & seasoning together and set aside.

Heat oil or shortening in a heavy saucepan or deep fryer to 375°F. Dip the floured fillets one at a time into the batter and then into the hot oil. Cook about 3 minutes on each side or until browned on the outside and the fish is tender. Remove onto paper towels to drain.

**Refrigerate or store mix in a cool, dry place.**

**Come visit New Hope Mills Mfg. Inc.**

181 York Street, Auburn, New York 13021 • 315-252-2676