

Student:	Grade:	Rate correct: (words correct in 1 minute)	Rate incorrect: (words incorrect in 1 minute)
Examiner:	Date:	Accuracy (words correct in the first 100 words = ▲)	

Teacher Passage & Directions: 4-C

- 1) Place the copy of the student passage in front of the student.
- 2) Place the teacher/examiner copy on clipboard so the student cannot see it.
- 3) Say: *When I say begin start reading aloud at the top of the page. Read across the page* (point to the first line of the passage). *Begin.* (Trigger stopwatch or timer for 1 minute.)
- 4) Follow along on the teacher/examiner copy as the student reads and put a slash (/) through any incorrect words.
- 5) At the end of one minute, say: *Thank You.* Mark the last word read with a bracket (|).

NOTE: If a student hesitates to correctly pronounce a word within **three seconds**, the student is told the word and an error is scored.

There is a lot of sugar in candy and pop. And you	12	or canned. It has more fiber and the vitamins haven't been	206
probably know it isn't good to have a can of pop and a	25	lost in cooking. If you're tired of apples and carrots, try grapes	218
candy bar for lunch! But that is often what many of us	37	or small tomatoes. Your body quickly breaks these down.	227
do eat. However, that doesn't mean they are good for us.	48	This gives you the quick energy needed until the protein kicks in.	239
Actually, we know they are bad if we have them all of	60	If a healthy lunch sounds too boring you can always try adding	251
the time. And they are worse if we have them at the	72	sliced bananas to your peanut butter!	257
wrong time. These things are very high in sugar.	81		
Your body needs to have sugar to work. So, why	91		
shouldn't you eat a lot of sugar? A little ▲ sugar goes a long	104		
way. You can give your body more sugar than it can use.	116		
This will make you feel very tired later. A good lunch will	128		
have some protein, fresh fruit, fresh vegetables and bread.	137		
The protein is good because it needs a long time to take in.	150		
That means energy from it will be there in the afternoon	161		
when you need to burn it. You can get protein from cheese,	173		
eggs, beans, and nuts. You can also get it from peanut butter.	185		
As for fruits and vegetables, fresh is better than frozen	195		