**Teksteksempler til Dictogloss opgaver:**

**Dictogloss**

**Task: Try to reconstruct the text and make it as close to the master text as possible**

**Udførsel:**

* **Dictogloss tasks:** Here, a short text is read aloud 2-3 times. The first time, students listen. The second (and possibly third) time, they take notes. After listening, students work in pairs or groups to reconstruct the text as accurately as possible, both in content and language.
  + Since it is impossible to recreate the text exactly, the students must work together to try and recreate it. This centers their linguistic focus and creates a collaborative learning environment where students can share linguistic knowledge and personal strategies to benefit each other.

**Text Example (Healthy eating):**

"Eating a balanced diet is essential for maintaining good health. A healthy diet includes a variety of foods, such as fruits, vegetables, whole grains, lean proteins, and healthy fats. Eating these foods in moderation provides the nutrients our bodies need to function well. Avoiding processed foods and limiting sugar intake can also prevent health issues like obesity and heart disease. It’s important to remember that healthy eating isn’t about strict restrictions but about making nutritious choices most of the time."

**Text Example (Technology and Social Media):**

"Social media has transformed the way we communicate and stay connected. Platforms like Instagram, Twitter, and Facebook allow us to share our lives with friends and family instantly. However, constant use of social media can have negative effects, such as reducing face-to-face interactions and contributing to anxiety or low self-esteem. It’s essential to balance online and offline activities. By setting limits on screen time, we can enjoy the benefits of social media while protecting our mental health."

**Text Example (Travel and Cultural Exchange):**

"Traveling to new places allows people to experience different cultures and traditions firsthand. By visiting different countries, individuals can learn about unique customs, try new foods, and practice speaking other languages. This exposure to new ways of life broadens perspectives and fosters empathy. However, it’s also important to respect local cultures and be mindful of our actions as tourists. Responsible travel can create meaningful cultural exchanges and promote understanding between people from diverse backgrounds."