

# 厨房里的温暖瞬间

2025年10月25日

下午，我和母亲在厨房准备晚餐。她手把手教我做一道家常菜，边做边讲起我们家过去的故事。起初，我只是机械地跟着她的动作，但随着菜香弥漫开来，我感到一种前所未有的亲密感。母亲偶尔看着我微笑，那笑容里满是爱与包容，让我心里暖洋洋的。

在那一刻，我发现亲情不只是生病时的照顾，也不只是节日的问候，它存在于平凡的每一天，存在于厨房的一锅热汤中，存在于对方的一个笑容和一句鼓励里。做完晚餐，我们一起坐下来吃饭，轻声聊着彼此的生活，那种安静的温暖让我觉得世界很美好。

吃过晚饭，我收拾碗筷时看到母亲忙碌的身影，心中涌起深深的感动。亲情就是这样，在平凡中闪光，让我明白家人的陪伴和理解是无可替代的财富。我想，把这种温暖记下来，是为了在未来的日子里，也能提醒自己珍惜眼前的每一刻。

## A Warm Moment in the Kitchen

October 25, 2025

In the afternoon, my mother and I were preparing dinner in the kitchen. She guided me step by step in making a home-style dish, sharing stories of our family as we cooked. At first, I mechanically followed her actions, but as the aroma filled the room, I felt an unprecedented closeness. Occasionally, she looked at me and smiled, a smile full of love and acceptance, warming my heart.

At that moment, I realized that family love is not only about caring during illness or holiday greetings. It exists in everyday life, in a pot of hot soup in the kitchen, in a smile, and in an encouraging word. After finishing dinner, we sat together and quietly talked about our lives. That calm warmth made the world feel beautiful.

After dinner, as I cleaned up, I watched my mother busy in the kitchen and felt deeply moved. Family love shines in ordinary moments, teaching me that the presence and understanding of loved ones are invaluable treasures. I wanted to record this warmth so that in the future, I could remind myself to cherish every moment with my family.