

仿写《灶台前的小手》：三步写一首做饭诗

《灶台前的小手》写了第一次做饭：第一节写踮脚够灶台，第二节写打蛋的小手，第三节写锅里冒出的热气。它好读也好仿，仿写只要三步。

第一步，挑画面。合上诗，回忆自己做饭或看做饭时印象最深的三个画面。要挑亲眼见过的：手被油点烫了一下缩回来、米在水里转圈变白、汤勺碰锅沿叮当响。挑不出三个就进厨房站十分钟，画面自己会冒出来。别挑「开心」「难忘」这种心情，心情不是画面，诗里要的是能看见的东西。

第二步，把每个画面写成两三行短句。一行只放一个动作或一个东西，短句才有节奏。假设你挑的画面是淘米，可以写成：米跳进水里，转一圈，又一圈，水慢慢白了，像下了一场小小的雪。写打蛋可以写成：小手磕一下碗沿，蛋壳裂开一条缝，蛋清流下来，像一小条透明的瀑布。不用押韵，读起来顺就行。

第三步，读出声改节奏。写完自己朗读一遍，哪里拗口改哪里。句子太长就砍短，「我把米放进水里仔细地淘洗」可以砍成「米下水，我淘它」。结尾学原诗，落在一个安静的画面上，比如热气糊住眼镜，白茫茫一片，妈妈在热气后面笑。

三节、每节三到五行、语言浅白，这就是儿童诗的骨架。原诗用踮脚写「我够不着」，用打蛋写「我小心」，用热气写「我成功了」，三个画面连成一次做饭的经过。你仿写时也照这个顺序：先写难，再写小心，最后写成功。写完贴在冰箱上，让全家读一遍，哪里读不顺就改哪里。

Writing Your Own Kitchen Poem: Three Steps After 'Little Hands at the Stove'

'Little Hands at the Stove' is about first-time cooking: the first stanza is about tiptoeing to reach the stove, the second about small hands cracking an egg, the third about steam rising from the pot. It's easy to read and easy to imitate, and imitation takes just three steps.

Step one: pick your images. Close the poem and recall three scenes you remember best from cooking or watching someone cook. Choose things you actually saw: a hand snatching back from a spatter of oil, rice spinning in water and turning it white, a soup spoon clinking on the pot's rim. If you can't find three, stand in the kitchen for ten minutes—the scenes will come to you. Don't pick feelings like 'happy' or 'unforgettable.' Feelings aren't images; a poem wants things you can see.

Step two: turn each image into two or three short lines. Put only one action or one object in a line—short lines make rhythm. Suppose your image is washing rice: Rice jumps into the water, / turns once, then once more, / the water slowly turns white, / like a small snow falling. For cracking an egg: Small hand taps the bowl's edge, / the shell splits a thin crack, / the egg white slides down, / a little transparent waterfall. No need to rhyme; just make it flow when read.

Step three: read aloud and fix the rhythm. Read your draft out loud once and repair whatever stumbles. Cut long sentences short—'I put the rice into the water and washed it carefully' becomes 'Rice in water, I wash it.' End like the original poem, on a quiet image: steam fogs the glasses, everything goes white, and Mom smiles behind the steam.

Three stanzas, three to five lines each, plain language—that's the skeleton of a children's poem. The original uses tiptoeing to say 'I can't reach,' the egg to say 'I'm being careful,' and the steam to say 'I made it'—three images strung into one cooking trip. Follow the same order in your imitation: write the hard part first, then the careful part, then the success. When you finish, tape the poem on the fridge and let the whole family read it; fix whatever they stumble over.