

跟着《一碗面的旅程》学写过程诗：四个动作撑起一首诗

过程诗是把做一件事的完整过程当作骨架，每个环节成为诗的一段。《一碗面的旅程》就是这种写法的好范本：从烧水、下面、搅动到端碗上桌，过程本身就是诗的结构。

第一步，列出动作顺序。烧水、下面条、用筷子搅动、捞面、端碗，把这些动作按时间先后写在纸上。初中生第一次做饭，通常包含五到七个关键动作，十五行左右的诗挑出四到五个，一个动作占一行或两行，行数就安排好了。

第二步，把每个动作变成画面。不要写水开了，写小气泡从锅底一个一个往上爬；不要写面条熟了，写面条在锅里像白绸带一样翻滚。检验画面的办法很简单：闭上眼睛能不能看见。看得见，就是意象；看不见，就还是说明文。

第三步，把心情藏进动作里。第一次下厨的紧张不用直接说出口，写我端着碗穿过厨房，走得很慢，像端着一小片海。动作写准了，情绪自己会到。反过来，凡是直接写我很紧张、我很激动的句子，都可以删掉换成动作。

第四步，用一个小瞬间收尾。诗的结尾不需要升华主题，可以停在妈妈尝了一口，说有点咸，可我觉得刚刚好。真实的细节比任何总结都有力量，读者会自己体会里面的得意和满足。

练习的时候按这个顺序来：先写动作清单，再给每个动作填画面，然后删掉所有直接说心情的词，最后大声读一遍，检查节奏顺不顺，哪里拗口改哪里。用《一碗面的旅程》把这四步走一遍，你就能照着写出自己第一次做饭的过程诗。

Learning Process Poems from A Bowl of Noodles: Four Actions Hold a Poem Together

A process poem takes the whole sequence of doing one thing as its skeleton, and every stage becomes one part of the poem. A Bowl of Noodles is a good model of this method: from boiling water to cooking noodles to carrying the bowl to the table, the process itself is the structure of the poem, and nothing extra is needed.

Step one is to list the actions in order. Boil the water, add the noodles, stir with chopsticks, lift them out, carry the bowl. Write these actions on paper in time order. A middle schooler's first time cooking usually contains five to seven key actions, and a poem of about fifteen lines can choose four or five of them, giving one action per line or per two lines, so the length is settled before a single image is written.

Step two is to turn each action into an image. Do not write the water boiled; write small bubbles climbing up from the bottom of the pot one by one. Do not write the noodles cooked; write the noodles rolling in the pot like white ribbons. The test

of an image is simple: can the reader see it with their eyes closed? If yes, it is an image; if not, it is still an explanation.

Step three is to hide the feeling inside the actions. The nervousness of a first-time cook does not need to be named. Write I carried the bowl across the kitchen, walking so slowly, as if I were carrying a small sea. When the action is accurate, the feeling arrives on its own, so any line that says I am nervous or I am excited can be deleted and replaced with a movement.

Step four is to end with a small moment. The last line does not need to raise a theme. It can stop at Mom took one bite, said it was a little salty, but I thought it was perfect. A true detail is stronger than any summary, and the reader will find the pride inside it without being told.

When you practice, follow this order: write the action list first, then fill each action with a picture, then delete every direct feeling word such as nervous or happy, and finally read the poem aloud to check the rhythm and fix whatever sounds awkward. Run these four steps once against A Bowl of Noodles, and you will be able to write your own process poem about a first time in the kitchen.

《一碗面的旅程》三个画面逐一点评：气泡、翻滚、端碗

提纲要求三个画面：水开的气泡、面条翻滚、端碗时的小心。这三处正好是煮面过程里最有戏的三个时刻，可以逐点来看怎么写、怎么改。

水开的气泡是开篇画面。不少同学会写水开了，我把面放进去，这是报告，不是画面。更好的办法是给气泡一个过程：先是几个小气泡贴在锅底不肯走，接着一串挣脱上去，最后整锅水轰地响起来，顶得锅盖发抖。气泡的变化和孩子心跳的变化可以对照着写，开篇的张力就有了。

面条翻滚是核心画面，关键在动作和声音两路。面条下锅时啪的一声，筷子搅出一个小小的旋涡，水再开时白沫涌到锅沿又退回去。点评样诗时检查这两路：诗句写了面条在锅里转圈，动作就有了；再写白沫冲上来又落下去，声音也有了。两路齐全，画面才算立住。

端碗时的小心是收束画面，也最容易写平。我小心地把碗端上桌什么也没说；换成碗里的面还在颤，我的手也在颤，两种颤让我自己笑出了声，小心就看得见了。这个画面要承担全诗的情绪落点：第一次做饭的得意，恰恰藏在那份小心翼翼里。

评同学的诗可以照这个标准核对：三个画面是不是各自有动作和声音？是不是被时间顺序串成一条线？有没有一行让人笑或者让人停一下？三条都做到，诗就成立；缺哪一条，就只改那个画面，其余部分不动，改起来负担小，也不容易把诗改散。

Reviewing Three Pictures in A Bowl of Noodles: Bubbles, Rolling, Careful Carrying

The outline asks for three pictures: the bubbles when the water boils, the noodles rolling in the pot, and the care when carrying the bowl. These three moments are exactly the three strongest points in the process of cooking a bowl of noodles, and each one deserves a close look at how it is written and how it can be improved.

The bubbles are the opening picture. Many students write the water boiled and I put in the noodles, which is a report, not an image. A better way is to give the bubbles a small story: first a few tiny bubbles stuck to the bottom of the pot, refusing to move, then a chain of them breaking free, and finally the whole pot roaring and making the lid tremble. The change of the bubbles can mirror the change of the child's heartbeat, and putting the two side by side gives the opening its tension.

The rolling noodles are the central picture, and the key is movement and sound, two channels at once. The noodles hit the water with a splash, the chopsticks stir a small whirlpool, and when the water boils again the white foam climbs to the rim of the pot and falls back. When you review a sample line, check both channels: if the line says the noodles spin round and round, the movement is there; if it also says the foam rushes up and drops back, the sound is there. A picture with both channels stands up; one with only a single channel still looks flat.

Careful bowl-carrying is the closing picture, and the one most often written thin. I carried the bowl to the table carefully says almost nothing. Try the noodles in the bowl are still shaking, my hands are shaking too, and the two shaking made me laugh out loud, and the carefulness becomes visible at once. This picture should carry the emotional landing of the whole poem, because the quiet pride of a first cooking is hidden inside that carefulness.

When you review a classmate's poem, use this standard: does each of the three pictures have its own movement and sound? Are the pictures tied together by the time order into one line? Is there one line that makes the reader laugh or stop? If all three answers are yes, the poem works. If any answer is no, fix that picture only and leave the rest untouched, so the revision stays small and the poem does not fall apart.

写过程诗的三个误区：别把诗写成煮面说明书

写过程诗最容易出的毛病，是把诗写成煮面说明书或者流水账日记。列出三个常见误区，每个都给出改法。

误区一：按步骤报告，没有画面。先烧水，再下面，再放盐，再捞出来，这样写五行就是说明书。改法：给每个动作句自问它看起来什么样、听起来什么样，至少把三行改成视觉或听觉的画面。《一碗面的旅程》里气泡从锅底往上爬那行，就是这种改法的成品。

误区二：直白喊心情，句句抒情。我多紧张、我多快乐、我真的长大了，每隔一行喊一次，读者反而没感觉。改法：删掉直接形容心情的词，换成动作。紧张写成两只手扶着锅沿，指节发白；快乐写成端着碗在客厅绕一圈，让全家都看见那碗面。

误区三：结尾强行升华。最后两行突然变成我终于懂了父母的辛苦，做饭真不容易，读者立刻觉得被说教。改法：用一个具体瞬间收尾。爸爸把面吃得只剩最后一口汤，打了个小小的饱嗝，全家都笑了。意思留在笑声里，不用替读者说出来。

交稿前还有一份小清单可以核对：全诗有没有至少三个带动作和声音的画面？直接说心情的词是不是不超过五个？气泡、翻滚、端碗这三个指定画面是不是都出现了？结尾是不是一个瞬间而不是一句道理？四条都过，这首自己的《一碗面的旅程》就可以交了；哪条没过，就回头只补那一处。

Three Traps in Process Poems: Do Not Turn a Poem into a Noodle Manual

The easiest mistake in a process poem is turning it into a noodle manual or a running diary. Here are three common traps in poems like *A Bowl of Noodles*, and each trap comes with a repair you can try right away.

Trap one: step-by-step reporting with no images. First I boiled the water, then I added the noodles, then I added the salt, then I lifted them out. Five lines like this are a manual, not a poem. The repair: for every action line, ask what it looks like and what it sounds like, then rewrite at least three lines as a picture of sight or hearing. In *A Bowl of Noodles*, the line about bubbles climbing up from the bottom of the pot is exactly the finished product of this repair.

Trap two: loud slogans with direct feelings. Every other line says I am so nervous, I am so happy, I have really grown up, and the reader stops feeling anything. The repair: delete the adjectives that name feelings and replace them with actions. Nervous becomes both hands gripping the edge of the pot until the knuckles turn white. Happy becomes carrying the bowl in a wide circle around the living room

so the whole family can see it.

Trap three: a forced lesson at the end. The last two lines suddenly say I finally understood how hard my parents work, and cooking is never easy, and readers feel preached at. The repair: end on a concrete moment instead. Dad finished the noodles down to the last drop of soup, let out a small burp, and the whole family laughed. The meaning lives inside the laugh, so you never have to state it for the reader.

Before you hand in the poem, run one more short list. Does the poem hold at least three pictures with movement and sound? Are there no more than five direct feeling words left? Do the three required pictures all appear, the boiling bubbles, the rolling noodles, and the careful bowl? Does the ending show a moment rather than a lesson? If all four lines of the list pass, your own A Bowl of Noodles is ready to go; if one fails, go back and fix only that spot, then check the list again.