

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.