**校园创意厨艺大赛**

---浙江省强基联盟读后续写---2025-8-28

"MEATLOAF AGAIN?" I stared at the plate with a feeling of disappointment.

My mom knew how to make seven meals. That was all. She kept all seven recipes labeled with a day of the week. That day was Meatloaf Monday. Again.

"It's just，it had been Tuna Tuesdays and Spaghetti Saturdays for, like, my entire life.

Not every meal had to start with the same letter as a day of the week. "

My mom's eyes flashed. But she said nothing. I knew she didn't consider learning new recipes due to her overwhelming stress.

The next day I was sitting next to Tania, whose dad was the best cook, in our school's brand-new-since-six-months-ago kitchen classroom. Everything, the tables, the stove, the pots and pans shone and sparkled. I was about to ask Tania about a new recipe，but Mr. Bruin, our teacher, interrupted.

"I've got exciting news." he said. Exciting news? The class stopped talking and looked expectantly at Mr. Bruin. "To finish off our unit on kitchen skills, we were having a competition where you didn't have a recipe and you had to make something with whatever ingredients the judges gave you. "

“ An eager murmur traveled through the class. " You've learned a lot this term--- accurate measuring, food prep, cooking techniques. Just add some creativity to the mix. "

"Will there be prizes?" asked Samantha.

"Absolutely! And the first-place prize was the newest book in the Cave of the Dragons series." said Mr. Bruin, holding up a copy for everyone to see.

The class erupted into squeals and cheers. Cave of the Dragons was the best book series ever! It had been sold out everywhere. During the break, all anyone could talk about was the cooking competition. "I'm totally going to win," said Tania. "Genes, like, cooking was in my DNA. " And if there was some sort of cooking gene, my mom definitely didn't have it. So if I wanted to win, I needed to practise and innovate.

注意：

1.续写词数应为 150 左右；

2. 请按如下格式在答题卡的相应位置作答。

Para1: After school. I told my mom my plan.

Para2: The day of the competition arrived, and the kitchen classroom was filled with activity.

一、设计理念：

1. 本文人物：原文提到的角色丰富，作者我，我母亲；同学Tania , Samantha; 老师Mr. Bruin; 还有比赛时的评委judges; 人物多的文本比较容易处理，考生可以入手的对象可以有很多角度，有利于创作。合理安排人物的主次在本次续写中比较重要。续写第一段人物应该为I 以及 mom; 第二段则可以写参赛人员，同学Tania , Samantha ；Mr. Bruin 以及评委；可以按设定情节需要来合理安排人物。

2. 本文叙写思路：结合原文第一段以及最后一段

①妈妈做饭不太厉害，如何帮助我？

②结合第二段首句，推知第一段应该重在写我赛前的how to practise and innovate。

3. 第二段写比赛的赛前气氛+赛中选手的表现（可以具体化到个人如Tania,以及我） ；赛后结果的宣布+我的感悟

二、教学过程

Step1: Analyze characters

Main roles: I+ my mom ;

Minor role: Tania ; Samantha; Mr.Bruin; Judges

Step2: Analyze the plot of the story

① My goal： to win a book of Cave of the Dragons

② I need the help of mom, an inexperienced cook;

③ My competent classmate: Tania, who said that she was going to be the winner

④ My approach : Without cooking gene, I decided to practice and innovate;

Step4: Design plots for each paragraph

Para1: ①How did Mom react? What did she say to me?

②How did I feel? What did I do? How did we make joint efforts to prepare for the coming cooking competition ?

③How was my current cooking skill?

Para2:

1. What was the atmosphere?
2. What did competitors do?
3. What was the final result? How did I/ mom feel?
4. Theme: What lesson did the experience demonstrate?

Step 5: Appreciate possible version.

习作一：(该习作诙谐幽默风格，与原文本贴合度高一些)

Para2: The day of the competition arrived, and the kitchen classroom was filled with activity. Contestants were running around like headless chickens and the noise was louder than a rock concert. When the judges announced the start, it was like a bomb went off. Pots and pans were flying everywhere, and it looked like a food fight was about to break out. Confident Tania, with cooking in her DNA, was showing off her genius. Me? I was sweating bullets but determined. After what seemed like centuries, dishes were created with the ingredients provided eventually. Then came the critical moment---it was time that the judges tasted our creations. When they announced the winner, I couldn't believe my ears! It was I who won the dream book of Cave of the Dragons. The unforgettable experience taught me a valuable lesson---It is not DNA but practice that makes perfect. (124)

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习作二：

Paragraph 1: After school, I told my mom my plan. She seemed hesitant at first, probably worried about her limited cooking skills. But seeing my determination, she agreed to help. We surfed the Internet for unique recipes downloaded some popular cooking apps and spent numerous hours carefully selecting fresh ingredients in the nearby grocery store. Back home, we practiced different cooking techniques and experimented with various flavor combinations. Mom even shared some of her childhood cooking memories, which inspired me further. As the days passed, our kitchen was filled with delicious aromas and a sense of anticipation. I was nervous but excited, knowing that every practice session was bringing me closer to my goal.

Paragraph 2: The day of the competition arrived, and the kitchen classroom was filled with activities. The air was electric with excitement and tension. Competitors were arranging their workstations, double-checking their ingredients. As the judges announced the start, everyone sprang into action. Tania, like a master chef at a five-star restaurant, handled everything with grace and confidence. Taking a deep breath, I concentrated on my own creation. I carefully measured the ingredients, remembering all the practice sessions and the tips my mom and I had learned. Time flying by, our dishes were presented to the judges. Never in my wildest dream had I imagined that I won the first place and got my dream award. It dawned on me that practice and innovation made my success.