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S.K.H. Li Ping  
Secondary School

寫作之星 2024年3月

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## 《第一次下廚》

星期六的早上，媽媽生病了，我決定擔起下廚的「任務」。雖然這是我第一次下廚，但平日媽媽下廚時，我也經常在旁幫忙洗菜，偶爾也會擔任助廚，所以有信心可以完成是次煮午餐的任務！

我希望做出美味的佳餚給媽媽品嚐，心中盤旋應該煮甚麼菜式呢？細想了一下，平日媽媽喜歡煮蕃茄炒蛋和蒸魚，但這都是我喜愛的菜。媽媽喜歡甚麼餸菜的呢？想著想著我猜應該是炒菜吧。媽媽平日喜歡炒一盤滿滿的雜菜。決定好菜式後，我便上網觀看有關的煮食教學影片，發現事情並非如想像中簡單，可能連一個普通的翻炒技巧都要經過一番的琢磨。



我大致了解做法後，便匆匆趕去街市採購食材。可是當我站在攤檔前卻一臉迷茫，不知如何挑選食材才對。幸好有位孀孀相助，幫我挑出幾個壞的食材，想不到買食材也如此費心思。

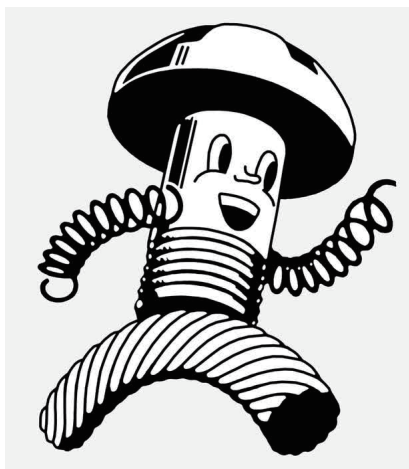
回家後，我直奔去廚房，圍上媽媽的圍裙，拿出從菜市場買回來的食材，像模像樣地開始煮菜。我先淘米煮飯，然後洗菜切菜。本以為下廚是件易如反掌的事，哪知道我才剛開始煮，就已經汗流浹背。我把洗切好的菜下熱鍋，誰知洗好的菜因未經瀝乾，一下鍋便油花四濺，熱油濺到我的手臂，痛得我險些大叫，但我也只能硬著頭皮把菜炒完，然後才敢稍稍放鬆。

媽媽被我的動靜吵醒。一進廚房，看到我蓬頭垢面的模樣和四周的「慘況」，便不禁捧腹大笑，我也忍俊不禁。我戰戰兢兢地端上剛炒起的雜菜，媽媽拿起筷子輕嚐一口，眉開眼笑地說：「真好吃！我很喜歡！」我心花怒放，頓覺一整個下午的忙碌也是值得的，原來能親手為家人煮飯的感覺是如此幸福。

經過這次，我體會到下廚的辛勞。當想到媽媽每天為我們費盡心思地下廚，足見媽媽對我們的愛吧！一想到媽媽煮食時可能會被油花濺到，儘管受傷了也只會自己默默忍受，從不向子女抱怨半句。為了不讓媽媽受傷，我決定以後當媽媽的小助手，協助她下廚。

● 2A 施學敏 (黃社)

評語：敘事流暢，能細緻描述心情變化。立意清晰，文末感悟能扣連上文，藉煮食一事感激媽媽的付出。詳略恰當，各段銜接流暢。行文通順，能善用四字詞，但宜多運用修辭潤飾文句。



## 《一顆螺絲》

我是一顆螺絲，一點也不起眼；但深信，就算只是一顆螺絲，宇宙中的一粒塵土，也擁有自己存在的意義和用處。

我受命於人類，成為緊緊相扣的螺絲們的一員。有時，我們會被組裝在大大小小的機器裏，扮演控制這一切的角色；有時，我們會留在木頭中，支撐著內部牢固的結構。不論在何處，我們都有著滴水穿石的力量，用自己微笑的力量為這個世界的運轉盡一份心力。

我們彼此之間沒有華麗的外表，卻有各自獨特的構造。我的頭部是扁平的，有一個十字形的凹槽，下身的螺紋嚴謹而有序地向下延伸，能夠與螺母完美結合。這些細節都是為了更好地完成我們的使命而存在的。

我們擁有強大的組織能力。聚集在一起時彷彿是一群戰士，隊形整齊地排列著，能夠堅負關鍵的重擔，為著同一個目標前進。當我們與開關或工具準確接觸時，又彷彿是一隻有力的臂膀，使機器能夠順暢地運轉或完成最初的設定。

我們只是一顆顆普通的、不起眼的金屬產物。世界上的眼光都只注視著輝煌的宏偉建築或高端的創新產物，卻忽略了我們也是一起並肩作戰。螺絲常被忽視、遺忘，沒有人會去琢磨我們在背後的付出及貢獻。

或許在歷史的舞台上我們沒留下任何痕跡，默默的付出也沒被配上一個閒角的名分；但我們仍會堅守崗位，為每一件物品的接駁、組裝連接得緊密無縫，繼續為這個世界發揮自我的價值和力量。讓微小的我成就不一樣的未來。

● 2B 吳宏希 (黃社)

**評語：** 能扣題寫作，寫螺絲的特徵及用途，頌揚其無私的特質，佳！以擬人法代入螺絲的身份作描寫，文句通順，不乏佳句，能引人深思。文章結構清晰，各段重點分明，過渡有致。

# 《終於和好如初了》

每一個人都曾跟自己最要好的朋友吵架，我也不例外。重要的是在吵架過後大家是否依舊沒有隔閡，不去計算誰曾佔上風。

記得那天，天氣悶熱，人們的心情也變得焦躁。我和好朋友走在上學的路上，平日的有說有笑，那天似被蒸發走了。我以為她碰到甚麼煩心事，想讓她開心一下，就指着路邊的一條小黑狗說：「看！牠多像你！」以她的性格，往常會秒回我：「你才像狗！」並馬上以另一個更醜陋的東西來形容我。可她卻反常地說了句：「別煩我。」我疑惑地看著她。她溜開我們牽著的尾指，獨自一人向學校方向走去。我心想：「哼！大早上發甚麼脾氣？見你心情不好，逗一下還裝個臭臉來，我才不會慣著你！」我朝著她走遠的方向喊道：「要跟你絕交！」她聽到後腳步停頓了半響。我得意地想：「呵！捨不得我這個好朋友吧，只要你回頭給我道歉，我就原諒你。」可萬萬沒想到，她頭也不回地繼續邁步走去。

當我返回班房座位，瞟了她一眼。她正專注地看書，絲毫沒有跟我和好的意思。我也自我安慰道：「不就只是一個朋友，我多的是。」轉眼到了下課的時間，我一邊執拾書包，一邊朝她的方向瞟去。她正好離開位置，向我走來。我期待著她會說甚麼，可她只是把廢紙扔到我身後的環保回收箱。我的期待，再一次落空。「行！就這樣完結吧！」我生氣地想，繼而起身憤怒地質問道：「你這是甚麼意思？打算一輩子都這樣下去嗎？不能和好嗎？不好好那就永遠作別吧！」說完我轉身準備離開，她拉住了我的手說：「一心，對不起，我不是故意的。早上跟媽媽頂撞了幾句，一直惱著不知該如何跟她道歉。因為心情不大好，早上才向你說了氣話，你別放在心上。我們還能和好嗎？」本想傲嬌一下的我，看到她如此誠心的道歉也就罷了：「行，那快快告訴我你今早為何跟媽媽頂嘴，讓我也幫忙想個道歉的方法吧。」她點了點頭，再次牽起我的尾指，一同走出教室回家了。

友誼多寶貴，大家須珍惜。



● 2C 吳怡琪 (藍社)

評語： 能善用各種描寫手法，突出當刻感受，具體呈現情感和思想，好！



## 《我的兒時最愛》

在整理房間時，我發現了一件兒時最愛的物品。我睹物生情，回憶湧現，百感交集……

小時候，我本在城裏上學，但疫情突然爆發，父母當起救護義工，就把我送回鄉間爺爺奶奶身邊。

在老家，沒電子遊戲、沒電視機、也沒手提電話的充電器。手機玩到當天中午已沒電了，我就在家門口發呆。奶奶見我懶慵著，就向我遞上一個魔方。也不知道她從哪裡找來，只讓我玩玩看，能不能把雜亂的小方格，透過上下左右的轉動，拼回原初一面九小格，顏色相同的板面。說完她就走進屋子裏休息。

我仔細地打量手上的魔方。正正方方的，有著紅、橙、黃、綠、藍、白，六種顏色。打量完我就開始試著拼。雖然不知道怎麼轉動才能拼湊好，但是我感覺很富挑戰性，再加上小時候好勝心的驅使，就一直亂拼，一直拼到爺爺奶奶叫我吃飯的時候，才停下手中的魔方。

疫情持續長達四年之久，我和魔方也結下了千個夜晚的緣份。我一向不喜歡玩高難度的遊戲，而這個看似平平無奇、普通至極的魔方卻改變了我。我就這樣整天玩魔方，消磨不少在疫情裏的時光。

疫情過去，我和爺爺奶奶告別後返回可使用手機的時代，回到節奏急速的生活中。

去年春節，陪父母回老家過年。我又看到那熟悉的房子，回到兒時曾住上四年的房間。在整理床墊的時候，我在床底尋回一個滿是灰塵的魔方。記憶一下子回到從前和魔方一起拼湊的時光裏，當年日復一日，還是未能把它破解過來。

我拿起抹布把魔方上的塵埃除去，繼而不由自主地再次把它轉動起來。不消一會，魔方每一面的小方格都歸於同一種顏色，我居然把它破解了。

這四年的回憶，和魔方共同生活的點點滴滴，終於可畫上完美的句號。一時間，內心不知應為戰勝魔方而高興，還是為徹底地與它斷絕關係而失落？

我重新把它打亂，並開始把它再次拼好。這次，我試圖尋回那全神貫注，有著無限耐性的自己。

2D 魏繼杰 (綠社)



**評語：**情感真摯，能詳述與魔方有關的回憶，表達童年時對它的著迷。結尾宜帶出重新打亂魔方的意義。

## Writing topic: Your PE teacher has asked you to do a presentation on stress eating.



Have you experienced stress eating? Stress eating is a kind of emotional eating. People eat to suppress or soothe their negative emotions, such as anger, fear, boredom, sadness, and loneliness. Stress eating can be dangerous.

In Hong Kong, around 1 in 200 female students suffer from stress eating. A study demonstrated that of the 857 adolescent female students who reported wanting to lose weight, only 4.8% are overweight, indicating that social pressure, mental health problems, the environment, and culture may be playing a role in eating problems and stress eating.

In the short term, eating too much will cause obesity. Since teenagers eat irrationally under pressure, they may eat a large amount of junk food or processed food. Teenagers who overeat will gain weight and become obese. This will affect their self-confidence and social life. In the long term, stress eating will cause illnesses like diabetes and high blood pressure, which are detrimental to their health.

To overcome stress eating, teenagers should do more exercise. They can keep a food diary and begin a good exercise routine to reduce stress. It is also important for teenagers to develop a positive attitude towards life and have a support network. When they face difficulties, they can seek school social workers, teachers, and parents for advice.

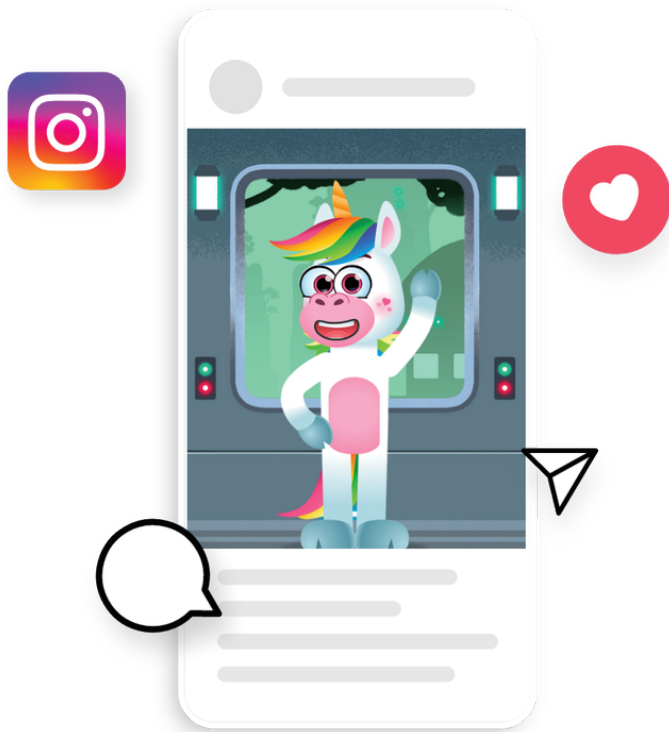
● 2A Lai Ka Ying (Yellow House)

## Comments:

評語： It's a piece of detailed and well-developed presentation script that explains the problem of stress eating, its impacts, and possible solutions. Accurate language used and good use of thematic vocabulary. Good job!



## An instant mistake on Instagram



In the world of social media, there are billions of users who are using Instagram. I am also one of them. It's the most trending app in the world right now.

I first started using Instagram in 2019 when Hong Kong was suffering from Covid-19. People couldn't go out or meet their friends. Therefore, I was really bored at home. I heard about this platform from my friend, who also didn't know much about it. She once mistakenly posted an ugly photo on Instagram, and all her friends saw it, and I was also shocked about it. I decided to be careful on the platform.

For a while, nothing seemed to happen to me. Unfortunately, one day, while trying out new filters on Instagram, I mistakenly started live streaming. The shocking thing is that I had no idea I was live. After some time, my mom entered my room and started shouting at me because she saw my report card. My results were awful. She was shouting so loudly that it hurt my ears. I screamed "Mum, stop it!" Suddenly, my phone rang, and when I answered the call, it was my friend Lucy. She shouted "Hey, bro, you started live streaming, and everyone can see what's happening in your home."

I was surprised and upset. I wonder if my friends have made the same kind of mistake. We should all be careful and not repeat the same mistake I made. Always double-check before sharing anything online.

● 2B Kunwal Amina (Red House)



## Comments:

The writing effectively conveys the experience of making a mistake on Instagram and emphasizes the importance of being cautious while using social media. Good job!



## One embarrassing moment on WeChat



WeChat has been the social media app I have used for the longest period of time. It brings me a lot of happiness but there are also many awkward moments.

I have been using WeChat for nine years. WeChat helps me make new friends by providing features like messaging, voice and video calls. It also helps me stay in touch with my friends and family by sharing our updates.

A few weeks ago, I accidentally sent my friend's ugly photo in the class group. The photo caused chaos in our class group chat. All of my classmates discussed and commented on the photo. My friend was kind of annoyed with me because my mistake made him really embarrassed. I made a lot of effort to resolve this incident.

WeChat is a social media platform that people often use. But we should raise awareness about protecting our personal privacy and being cautious while using social media.

● 2C Chen Yin Pan (Yellow House)



## Comments:

The writing organized the ideas logically and conveyed the experience effectively, making it easy for readers to follow your thoughts. Good job!



## A funny moment on Facebook



Have you ever had a funny or embarrassing moment using social media? Well, let me tell you about my own misfortune, which makes me blush.

It all happened last week when I wanted to post a silly photo on my favourite social platform Facebook. I decided to share a photo of my goofy pet dog, Max. I thought it would make my friends laugh. However, in my haste, I accidentally clicked the wrong button. Instead of the intended picture, a photo of me having breakfast cereal was posted on my Facebook page! Can you imagine how embarrassed I felt?

Within seconds, my friends started leaving comments on my post. My face turned as red as a tomato, and I quickly deleted it. Despite my best efforts, my friends still tease me about my breakfast-for-dog's mishap.

I learned a valuable lesson from this experience: always double-check before hitting that post button, or you might end up sharing an unintended photo with the world!

● 2D Tian Run Qing (Red House)



### Comments:

A wide range of vocabulary and sentence patterns were used in your feature article. Good job!