

Dinner Station offers fun for little cooks

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STAFF REPORT

The Dinner Station in Carrollton offers kids and their parents two great summer alternatives to TV, video games or yet another trip to the pool. This month, The Dinner Station is offering Conductor Camp and Junior Chef sessions.

At The Dinner Station's Conductor Camp, parents use a variety of hands-on activities to teach their children, ages 5 and older, about healthy eating, kitchen safety, measurements, table etiquette and following recipes. At each "station" the parent and child team learns a cooking technique. This knowledge is utilized at the final station to make a chicken pot pie and dirt cake.

The founders of The Dinner Station, Amy Cole and Kristie Long, wanted to offer a summertime activity that could provide children with lifelong benefits.

"We wanted something not only fun, but also educational," said Cole.

The Carrollton Dinner Station opened in November of last year. There are 10 other locations throughout the Dallas-Fort Worth area.

Older children with an interest in cooking can participate in the Junior Chef program. These sessions are great for children who love to help in the kitchen. It allows them to help their parents prepare dinner for the month and also make and take home a dirt cake.

The Dinner Station's two summertime programs aim to educate in a fun environment. Children who are interesting in science as well as cooking will enjoy the germ experiment they take home at the first station of the Conductor Camp. The camp has another science experiment that teaches about digestion.

Cole pointed out that one great benefit of the programs are expanding the children's palate. "Kids are usually more willing to try new foods if they help select and prepare them," she said.

The cost is \$30 per child for the Conductor Camp, and parents can attend the camp with up to two children. Each child gets to take home a conductor hat, T-shirt and train whistle. For a schedule of Conductor Camps and Junior Chef sessions, visit www.TheDinnerStation.com.