



Maltby Manor Academy

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Our Ref: CWi/CCr

11 September 2025

Dear Parent/Carer

This half-term, as part of our Design and Technology curriculum, children in Year 5 will be focusing on food and cooking skills. They'll be preparing and cooking a variety of recipes, learning techniques, exploring ingredients, and understanding the importance of healthy eating.

Recipes include:

Flatbread: 200g plain flour, 2 tsp olive oil, ½ tsp salt, cold water, 50g butter, 1 clove garlic, ½ lemon, 1 tsp fresh parsley

Smørrebrød: 2–3 slices of rye bread (or substitute), a selection of vegetables, feta cheese, cream cheese, fresh herbs

Harissa Yoghurt: 3 tbsp yoghurt, 1 tsp rose harissa

Marie Rose Sauce: 3 tbsp mayonnaise, 1 tsp tomato ketchup, ½ tsp Worcestershire sauce, squeeze of lemon

Mezze Bowl : ½ tin chickpeas, 1 tsp olive oil, salt, range of salad vegetables

Tahini Dip: 2 tbsp plain yoghurt, 1 tsp tahini, squeeze of lemon, salt and pepper
Cucumber Yoghurt: 3 tbsp yoghurt, 10cm grated cucumber
Harissa Yoghurt: 2 tbsp yoghurt, 1 tsp rose harissa

To ensure a safe and enjoyable experience, please complete the Food Tasting Consent Form by clicking on the following link: <https://forms.office.com/e/MMphE5qsZw>

This will help us to be aware of any allergies or dietary restrictions. The form must be submitted by 18 September so we can make the necessary accommodations.

Thank you for your cooperation in making this a successful and safe experience for all. Your child's safety is our utmost priority, and we will make every effort to accommodate their needs. If your child has severe allergies that require an EpiPen or any other specific precautions, please provide those details on the form. Rest assured that we will take all necessary precautions to prevent cross-contamination and ensure a safe environment.

We appreciate your cooperation in making this event a success and a safe experience for all children. Thank you for your continued support.

Yours Faithfully

Mrs C Wilby
Vice Principal

