



Maltby Manor Academy

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Our Ref: CWi/RSm

7 January 2026

Dear Parent/Carer

This year, as part of our Design and Technology curriculum, your Y3 child 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:

Noodle Salad: Rice noodles, lime, soy or fish sauce, soft brown sugar, a selection of suitable vegetables that can be eaten raw.

Stuffed Peppers: Bulgur wheat, pepper, a selection of suitable vegetables that can be eaten raw, feta cheese, lemon, parsley, chives, mint, basil, olive oil.

Roasted Cauliflower dip: Cauliflower, a range of spices and herbs, olive oil, apple, tomato, red onion, carrot.

To ensure a safe and enjoyable experience, please complete the Food Tasting Consent Form [Y3 Food Tasting- 2026 – Fill in form](#). This will help us to be aware of any allergies or dietary restrictions. The form must be submitted by Friday 16 January 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.

Thank you for your continued support.

Yours Faithfully

A handwritten signature in black ink that reads 'C. Wilby'.

Mrs C Wilby
Vice Principal

