[CLAIMS]

[Claim 1]

A surface treated metal plate used in a formed material manufacturing method, the manufacturing method including the steps of forming a convex formed portion by performing at least one forming process on a surface treated metal plate, and performing ironing on the formed portion using an ironing mold after forming the formed portion,

characterized in that the surface treated metal plate comprises a surface treated layer provided on a surface of the metal plate, and a lubricating film provided on a surface of the surface treated layer,

wherein the surface treated layer is a Zn-Al-Mg alloy coat layer, and the lubricating film is a resin coating film.

[Claim 2]

The surface treated metal plate according to claim 1, characterized in that the thickness of the lubricating film is set to be no less than 0.5 μm and no more than 1.2 μm.