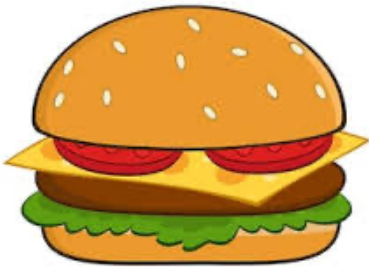


Y Menu:

Llaeth



Pizza



shutterstock.com • 257426938

Byrgyr



Cacen siocled



Salad ffrwythau

Ysgytlaeth
siocled



Donyts

Taflen Help



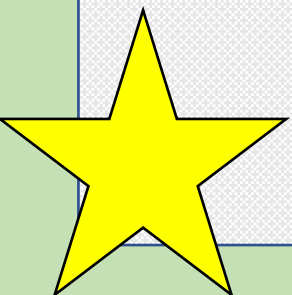
Choose a food option from the menu and say which food groups are in your choice.

Mae _____ yn y _____.
There is _____ in the _____.

Does dim _____ yn y _____.
There is no _____ in the _____.

Enghraifft/Example

Mae carbohydrad yn y pizza.
Does dim llysiau yn y pizza.



Taflen Help



Remember to say which food groups are / aren't in each menu option.

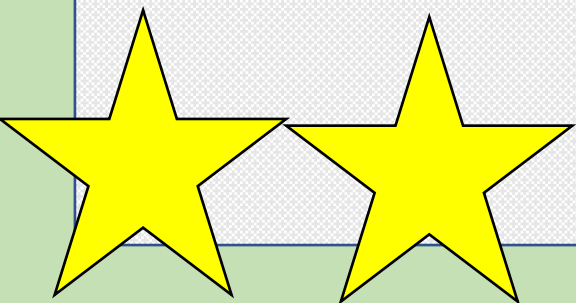
Mae _____ a _____ yn y _____.
There is _____ and _____ in the _____.

Does dim _____ yn y _____.
There is no _____ in the _____.

Mae'r _____ yn fwy iach na'r _____.
The _____ is healthier than the _____.

Enghraifft/Example

Mae carbohydrad a protein yn y pizza.
Does dim llysiau yn y pizza.



Taflen Help



Remember to say which food groups are / aren't in each dish and state which is the healthiest.

Mae _____ a _____ yn y _____.
There is _____ and _____ in the _____.

Mae _____ yn dda i chi.
_____ is good for you,

Dydy _____ ddim yn dda i chi.
_____ is not good for you..

Does dim _____ yn y _____.
There is no _____ in the _____.

Felly, mae'r _____ yn fwy iach na'r _____.
So, the _____ is healthier than the _____.

Enghraifft/Example

Mae **pasta** yn dda i chi.

Dydy **ysgytlaeth siocled** ddim yn dda i chi

