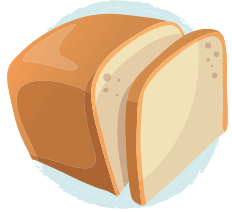
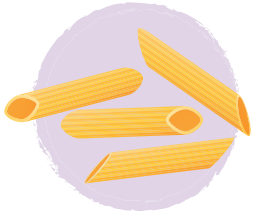


Mae'r mat bwyd yma yn perthyn i

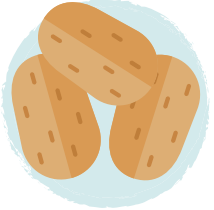
Tynnwch lun o'ch pryd blasus ar y plât isod. Ydych chi wedi bwyta rhai o'r bwydydd sydd o gwmpas y plât? Os felly, rhowch dic yn y blwch ☒



Bara ☐



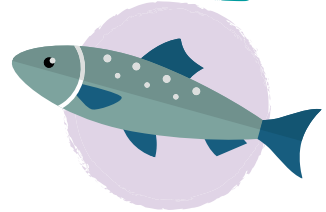
Pasta ☐



Tatws ☐



Llysiau ☐



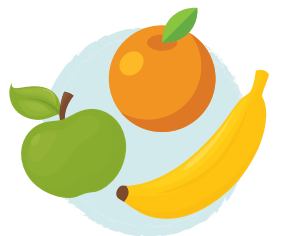
Pysgod ☐



Iogwrt ☐



Cig ☐



Ffrwyth ☐



Magu plant. Rhowch amser iddo.

Am fwy o adnoddau am ddim, ewch i: llyw.cymru/rhowchamseriddo

Ymgynrch Llywodraeth Cymru