FY NHAITH DDYSGU BWYD A MAETH – BLWYDDYN 7
MY FOOD & NUTRITION LEARNING JOURNEY – YEAR 7

Bwyd
Sgiliau
Iechyd
Bywyd

Pam mae brecwast yn bwysig? / Why is breakfast important?

Gwybodaeth a dysgu blaenorol
Prior knowledge and learning

Rydych eisoes wedi dechrau dysgu am y Canllaw Bwyta'n Dda, dewisiadau iach a diogelwch sylfaenol. Byddwn yn defnyddio'r wybodaeth hon i ddod yn fwy annibynnol yn y gegin.
You have already started learning about the Eatwell Guide, healthy choices and basic safety. We will use this knowledge to become more independent in the kitchen.

1 Dod i adnabod y gegin, offer a pheryglon.
Get to know the kitchen, equipment and hazards.

2 Defnyddio'r 4 C ar gyfer hylendid bwyd diogel.
Use the 4 Cs for safe food hygiene.

- Clean Glan
- Chill Oeri
- Cross-contamination Atal halogi
- Cook Coginio

3 Ailymweld â'r Canllaw Bwyta'n Dda a'i ddefnyddio i wneud dewisiadau.
Revisit the Eatwell Guide and use it to make choices.

4 Ymchwilio i geirch dros nos a manteision brecwast.
Research overnight oats and the benefits of breakfast.

- ✓ Bwrth maethlon Nutritious
- ✓ Bwydio'r ymennydd Fuelling the brain
- ✓ Egni hirach Longer lasting energy

5 Mesur, paratoi, torri a choginio'n ddiogel.
Measure, prepare, cut and cook safely.

6 Gwerthuso blas, gwead, arogl ac ymddangosiad.
Evaluate taste, texture, aroma and appearance.

- Ymddangosiad Appearance
- Arogl Aroma
- Blas Taste
- Gwead Texture

Yn ystod eich taith byddwch yn ...
During your journey you will ...

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Yr ydym ar y daith hon oherwydd ...
We are on this journey because ...

Fel cyfrannwr mentrus, creadigol, gallaf gysylltu a chymhwyso fy ngwybodaeth a'm sgiliau i greu syniadau a chynhyrchion.
As an enterprising, creative contributor, I can connect and apply my knowledge and skills to create ideas and products.

Fel dysgwr uchelgeisiol, galluog, gallaf osod safonau uchel i mi fy hun a mwynhau her.
As an ambitious, capable learner, I can set myself high standards and seek and enjoy challenge.

Fel dinesydd egwyddorol, gwybodus, gallaf ystyried effaith fy newisiadau bwyd arnaf i, eraill a'r amgylchedd.
As an ethical, informed citizen, I can consider the impact of my food choices on myself, others and the enviornment.

Fel unigolyn iach, hyderus, gallaf ddefnyddio gwybodaeth am faeth, hylendid a choginio i wneud dewisiadau iachach.
As a healthy, confident individual, I can use knowledge of nutrition, hygiene and cooking to make healthier choices.

Eich tasgau
Your tasks

Tasg 1	Tasg 2	Tasg 3	Tasg 4	Tasg 5	Tasg 6
4 C hylendid 4 Cs of hygiene	Golygfa budreddi Grime scene	Ceirch dros nos Overnight oats	Myffins wy Egg muffins	Bara wy Eggy bread	Tŵr crempog Pancake tower

Beth fyddwch chi'n gallu ei wneud erbyn diwedd y daith?
What will you be able to do by the end of the journey?