FY NHAITH DDYSGU BWYD A MAETH – BLWYDDYN 9
MY FOOD & NUTRITION LEARNING JOURNEY – YEAR 9

Sut allwn ni greu pryd teuluol maethlon, fforddiadwy ac apelgar?
How can we create a nutritious, affordable and appealing family meal?

Gwybodaeth a dysgu blaenorol
Prior knowledge and learning

Byddwch yn adeiladu ar eich sgiliau hylendid, diogelwch, mesur, torri, coginio a gwerthuso o Flynyddoedd 7 ac 8. Byddwch hefyd yn defnyddio'r Canllaw Bwyta'n Dda i wneud prydau mwy cytbwys. / You will build on your hygiene, safety, measuring, cutting, cooking and evaluation skills from Years 7 and 8. You'll also use the Eatwell Guide to make more balanced meals.

1 Saws roux – y sylfaen
Roux sauce – the basics



- Dysgu gwneud saws roux llyfn a deall rôl startsh.
- Make a smooth roux sauce and understand the role of starch.

2 Saws tomato – y sylfaen
Tomato sauce – the basics



- Paratoi saws tomato blasus a chytbwys.
- Make a tasty, balanced tomato sauce.

3 Trwbl Dwbl
Double Trouble



- Datblygu sgiliau cynllunio, trefnu ac amseru wrth goginio.
- Develop planning, organisation and timing skills when cooking.

4 Costio
Costing



- Cyfrifo cost dogn a chymharu gwerth am arian.
- Calculate portion cost and compare value for money.

5 Marchnata
Marketing



- Ystyried sut mae pris, pecynnu a marchnata yn dylanwadu ar ddewisiadau.
- Consider how price, packaging and marketing influence choices.

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

- Dysgu gwneud saws roux llyfn a deall rôl startsh.
  Make a smooth roux sauce and understand the role of starch.
- Paratoi saws tomato ac addasu blasau.
  Make a tomato sauce and adjust flavours.
- Defnyddio'r sawsiau i greu prydau teuluol maethlon: pasta pob, Bolognese a lasagne.
  Use the sauces to create nutritious family meals: pasta bake, Bolognese and lasagne.
- Datblygu sgiliau cyllell, ffrio yssgafn, mudferwi a haenu.
  Develop knife skills, sautéing, simmering and layering.
- Gwerthuso a mireinio cynnyrch gan ddefnyddio geirfa synhwyraidd.
  Evaluate and refine products using sensory vocabulary.

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 gwyyddorol, 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 environment.

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.

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

- Gwneud saws roux a saws tomato.
  Make a roux sauce and a tomato sauce.
- Defnyddio'r sawsiau i greu prydau blasus a maethlon.
  Use the sauces to make tasty, nutritious meals.
- Cynllunio, costio a marchnata pryd teuluol.
  Plan, cost and market a family meal.

Eich tasgau
Your tasks

Tasg 1
Pasta pob saws caws
Cheese sauce pasta bake



Tasg 2
Bolognese tomato
Tomato Bolognese



Tasg 3
Lasagne
Lasagne



Tasg 4
Pris a marchnata
Pricing & marketing



Tasg 6
Pryd dewis rhydd
Free-choice family meal

