Bwyd!

Bwyta brecwast mawr bob bora-

Creision yd, cig moch ac wy,

Tost a mel a iogwrt mefus-

Dyna frecwast hyfryd, blasus.

Amser swper, brechdan facwn

Ac fel trit, mae teisen lemwn,

Llefrith oer a ffrwythau iachus-

Dyna swper hyfryd blasus.

Mair Elwyn.

Creision yd/Cereal. Mefus/Strawberries. Blasus/ Tasty.

Brechdan/Sandwich. Iachus/Healthy. Hyfryd/Lovely.

1. Beth sydd i frecwast bob bore? ……………………………………………………………………………..
2. Beth sydd ar y tost?

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1. Brechdan beth I swper?

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1. Pa fath o deisen sydd amser swper?

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1. Ydy swper yn flasus?

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