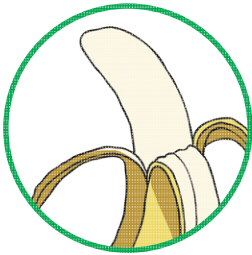
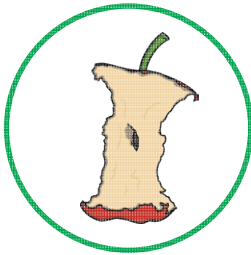


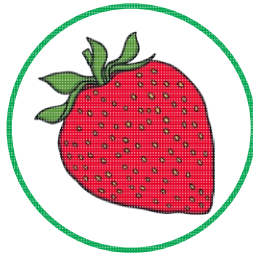
Bwydo'r Mwydod...



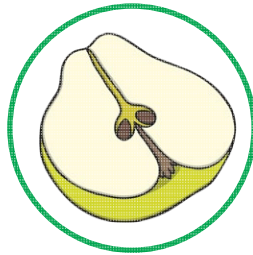
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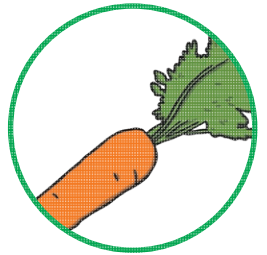
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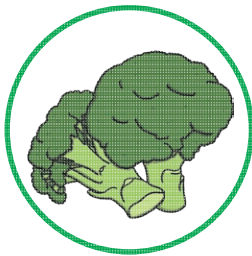
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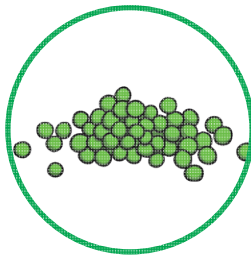
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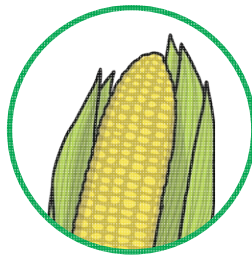
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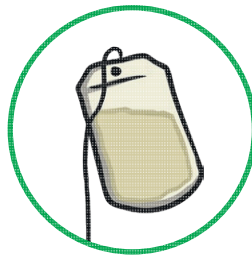
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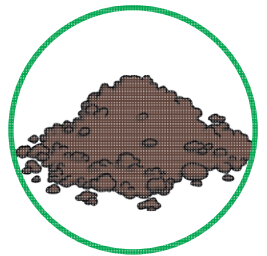
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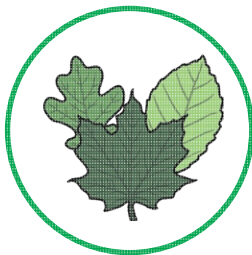
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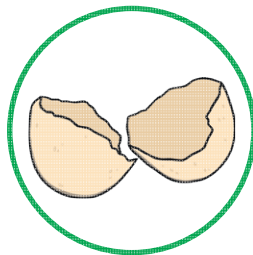
bagiau te



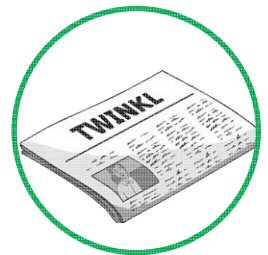
gwaddod coffi



ychydig bach o wastraff gardd,
er enghraifft chwyn a dail



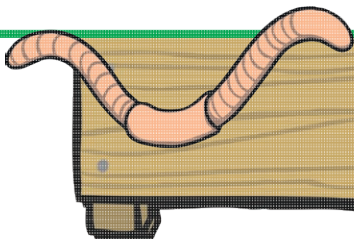
plisgyn wyau



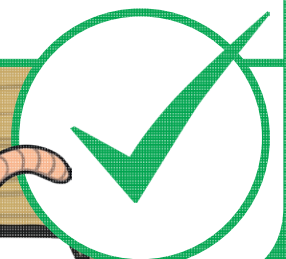
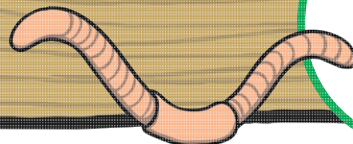
papur newydd neu
gardfwrdd wedi rhwygo



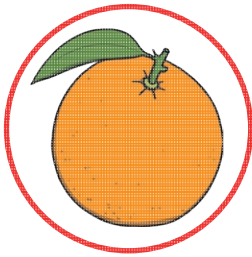
Cofiwch dorri a malu'r bwyd yn ddarnau bach er mwyn ei gwneud hi'n rhwyddach i'r mwydod eu bwyta gan ychwanegu ychydig ar y tro. Hefyd, cofiwch gadw'r abwydfa yn llaith gan chwistrellu ychydig o ddŵr os oes angen.



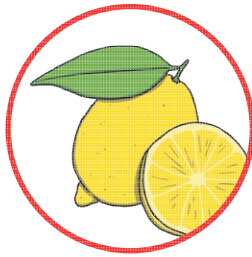
ewch i [twinkl.cymru](https://www.twinkl.cymru)



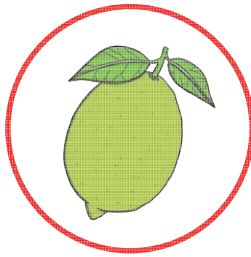
Peidiwch â Bwydo'r Mwydod Gyda...



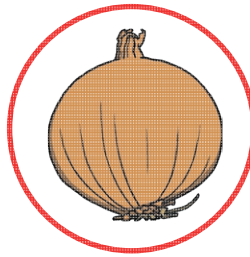
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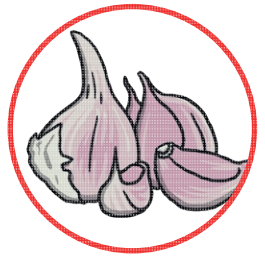
lemwn



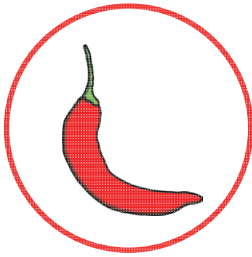
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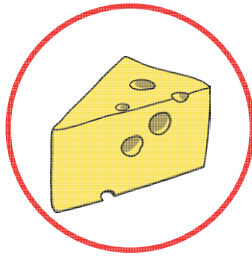
nionyn



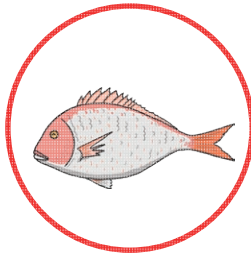
garlleg



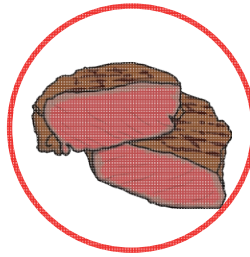
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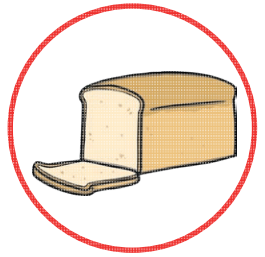
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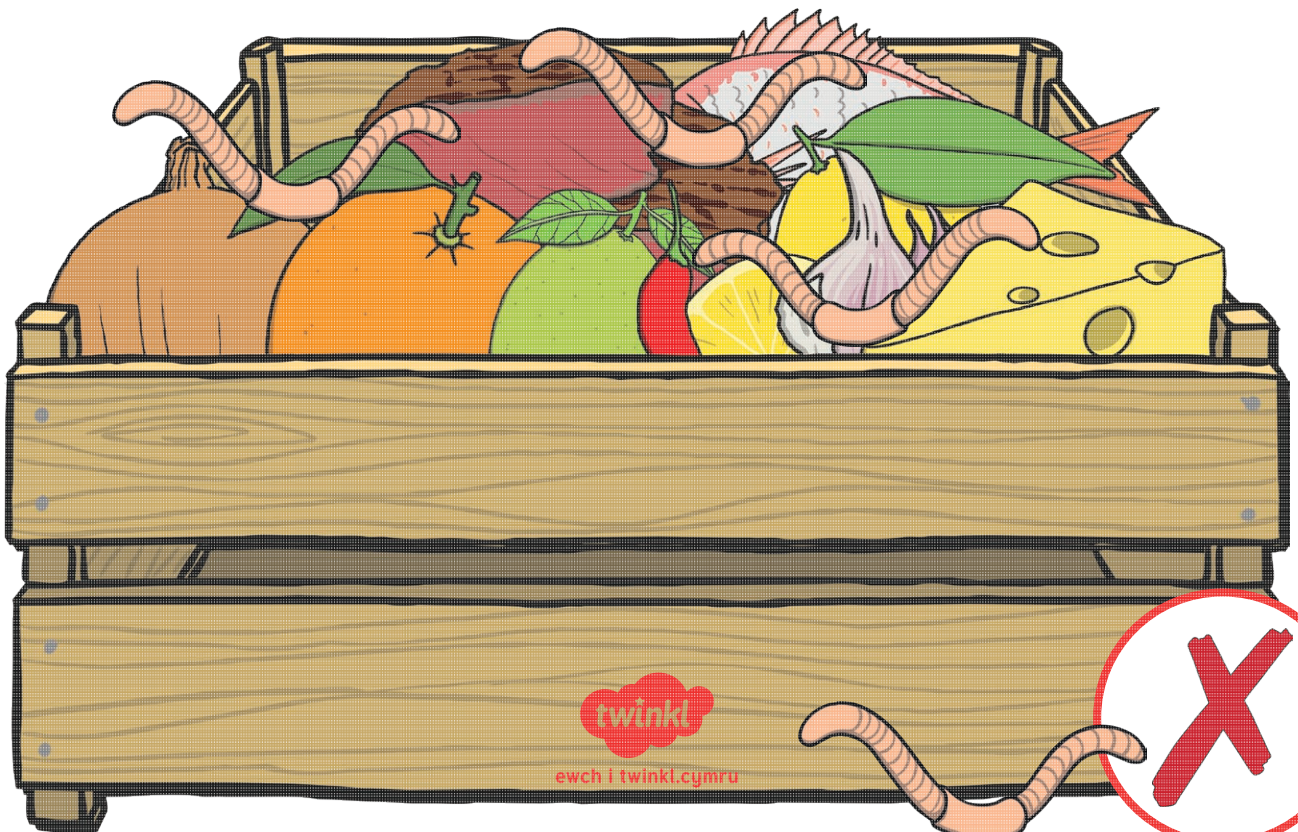
pysgod



cig



bara



twinkl

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