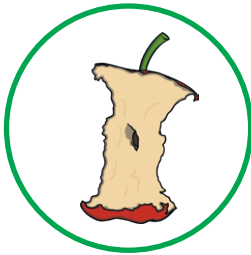


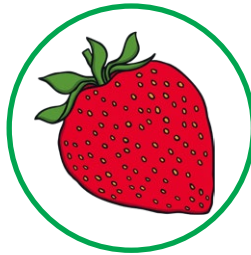
Bwydo'r Mwydod...



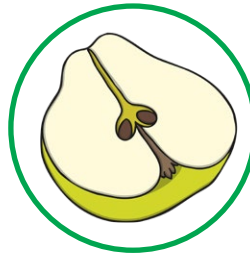
croen banana



calon afal



dail mefus



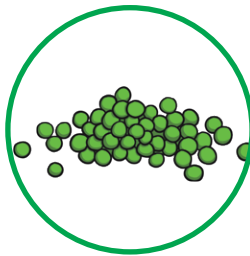
calon peren



moron



brocoli



pys



corn melys



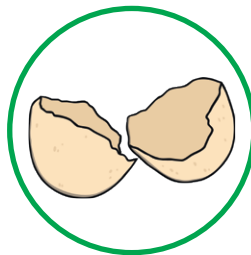
bagiau te



gwaddod coffi



ychydig bach o wastraff gardd,
er enghraifft chwyn a dail



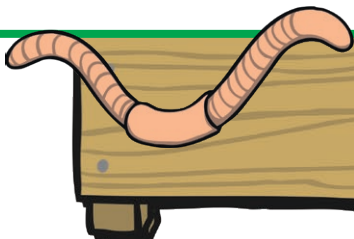
plisgyn wyau



papur newydd neu
gardfwrdd wedi rhwygo



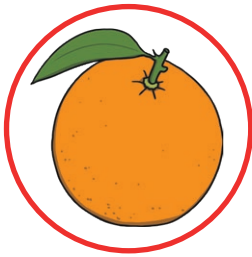
Cofiwch dorri a malu'r bwyd yn ddarnau bach er mwyn ei gwneud hi'n rhwyddach i'r mwydod eu bwyta gan ychwanegu ychydig ar y tro. Hefyd, cofiwch gadw'r abwydfa yn llaith gan chwistrellu ychydig o ddŵr os oes angen.



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



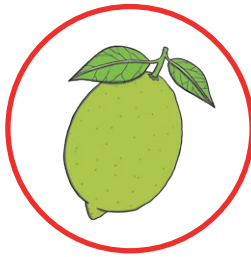
Peidiwch â Bwydo'r Mwydod Gyda...



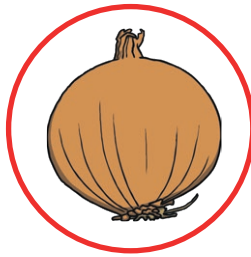
oren



lemwn



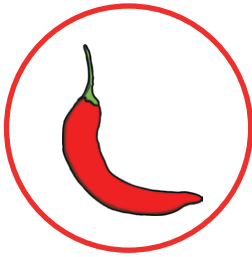
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nionyn



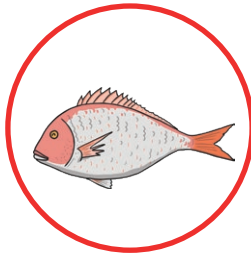
garlleg



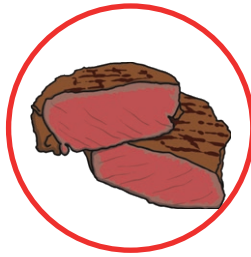
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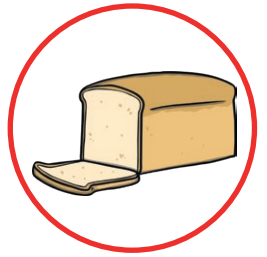
cynnyrch llaeth



pysgod



cig



bara

