

Bwydlen Ionawr 18fed-29ain 2021

<p><u>Creu cân</u> Cwblhewch y daflen <i>Treiglo ar ôl 'fy' (Rhannau'r Corff)</i>. Yna ewch ati i ddefnyddio'r daflen i'ch helpu chi gyfansoddi a pherfformio cân am y corff i dôn "Pen, Ysgwyddau, Coesau, Traed". Beth am drïo ail a thrydydd pennill?</p> <p>Complete the worksheet <i>Treiglo ar ôl 'fy' (Rhannau'r Corff)</i> to mutate the parts of the body following 'fy'. Then compose and perform a song you have created about your body using the worksheet to help you.</p>	<p><u>Casglu Data</u> Ewch ati i gasglu danteithion, bwydydd a diodydd. Edrychwch ar y pecynnau a'u labeli i weld faint o siwgr sydd mewn gwahanol fwydydd/danteithion. Pa un sydd â'r lleiaf o siwgr (mewn gramiau)? Trefnwch y bwydydd yr ydych wedi eu dewis o'r lleiaf i'r mwyaf o siwgr.</p> <p>Collect a variety of foods, treats and drinks that you have at home. Look carefully at the labels and packaging for the amount of sugar contained in the different foods. Which has the least sugar (in grams)? Arrange what you have chosen from the least to the most sugar.</p>	<p><u>Creu Wordphoto</u> Ar Ionawr y 25ain mae'n Ddiwrnod Santes Dwynwen. Allwch chi greu llun gyda'r rhaglen Wordphoto sy'n cynnwys geiriau sy'n ymwneud â chariad? Ee. rhannu, cwtsh, caru, helpu ayyb.</p> <p>On January the 25th in Wales we celebrate Santes Dwynwen. Can you create a picture using the Wordphoto app that includes Welsh words that are associated with love? Eg. cariad, rhannu, cwtsh, helpu etc.</p>
<p><u>Creu pryd cytbwys.</u> Gwyliwch https://www.bbc.co.uk/bitesize/articles/ztqbn9q Allwch chi gynllunio pryd o fwyd cytbwys sy'n cynnwys protein, ffeibr, carbohydradau a braster? Labelwch eich llun a'i lanlwytho i Hwb Follow the link above for ideas to plan a healthy balanced meal that includes protein, carbohydrates, fat and fibre. Label your picture and upload to Hwb.</p> <p>Beth am goginio y pryd o fwyd yr ydych wedi ei gynllunio? Peidiwch â mynd i'r siop i brynu cynhwysion arbennig – defnyddiwch beth sydd gennych adref. <i>How about preparing the meal that you have planned? Don't go to the shop to buy ingredients – use what you already have at home.</i></p>	<p><u>Y Flwyddyn Newydd Tseiniaidd</u> Yn ystod mis Chwefror dathlir y Flwyddyn newydd Tseiniaidd. Allwch chi ddarganfod pa ddyddiad mae'r dathliadau yn cychwyn, pa mor hir mae'n parhau, pa anifail sy'n cynrychioli 2021, bwydydd traddodiadol, gwisgoedd ayyb https://www.kids-world-travel-guide.com/chinese-new-year.html During February Chinese New Year is celebrated. Can you discover what date it is celebrated, how long is it celebrated, traditions, what zodiac animal represents 2021, foods and clothes?</p>	<p><u>Crefft Blwyddyn Newydd Tseiniaidd</u> Dilynwch y linc isod am syniadau i greu crefft Tseiniaidd. ee llusernau. Follow the link for ideas for Chinese craft activities. eg lanterns. https://www.pinterest.co.uk/pin/287597126176529325/</p>

Funky Facts about the Brain

Watch the links below and write 5 or more funky facts that you have discovered about the Brain. (English)

Operation Ouch

<https://www.youtube.com/watch?v=FzvkwUDkSgI>

<https://youtu.be/hbEUs21H5j8?t=172>

Celf y corff

Ewch ati i greu lluniau/gludweithiau ar thema'r corff. Byddwch yn greadigol. (Gweler y lluniau isod am syniadau).

Create pictures/collages. Be creative. (See pictures below for ideas).

Ymchwilio

Defnyddiwch y wê i ymchwilio pam ydyn ni'n torri gwynt. Use the web to research why break wind.

<https://www.bbc.co.uk/teach/class-clips-video/science-ks2-what-causes-us-to-burp-and-break-wind/zvrhf4j>



