

Gourmet Byd Eang

Mae'r grid gwaith cartref yma ar gyfer tymor yr hydref i ddisgyblion blwyddyn 3 a 4. Mae'r gweithgareddau yn gysylltiedig gyda'n thema 'Gourmet Byd Eang'. Yr her yw ennill gymaint o bwyntiau a phosibl. Dewch a'ch llyfrau gwaith cartref mewn yn wythnosol er mwyn iddynt gael eu gwirio a'u marcio. Mae yna lawer o ddewis i chi felly gobeithio gwnewch chi weld bod rhai diddorol ac y gwnewch chi fwynhau eu gwneud. Gludiwch y daflen yn eich llyfr gwaith cartref a lliwio'r blychau wrth i chi eu cwblhau.

Bydd y gwaith cartref yma'n rhedeg tan ddiwedd y tymor (Rhagfyr 15^{fed}).







Global Gourmet

This is the autumn term homework grid for pupils in Year 3 and 4. The activities all link to our theme, Global Gourmet. The challenge is to earn as many points as possible. Please bring your homework books in each week to be checked. There are lots of activities for you to choose from so hopefully you will find some interesting ones that you will enjoy. Glue the grid in your homework book and colour in the boxes as you complete the tasks.

This homework will run until the final week of the autumn term (15th December 2017).

Grid Gwaith Cartref – Tymor yr Hydref 2017

Maes Astudio	Gwybod 1 pwynt	Deall 2 bwynt	Gweithredu 3 phwynt	Dadansoddi 4 pwynt
Iaith a chyfathrebu: Siarad, gwrando, darllen, ysgrifennu.	Brasluniwch a labelwch eich hoff frechdan.	Darllenwch stori neu lyfr yn seiliedig ar / cynnwys bwyd. Ysgrifennwch adolygiad byr ohono.	Ysgrifennwch ddarn o farddoniaeth am fwyd.	Ysgrifennwch adolygiad o bryd o fwyd neu gaffi / bwyty (dychmygol neu go iawn) Neu Ysgrifennwch gyfarwyddiadau manwl ar sut i wneud eich hoff frechdan.
Iechyd & Lles: Ymarfer corff, bwyd, personol/cymdeithasol/ Datblygiad Emosiynol	Tynnwch lun plât o fwyd iachus.	Gwnewch restr o nwyddau sy'n dangos logo Masnach Deg.	Dewch o hyd i rysâit ar gyfer bwyd sy'n draddodiadol o wlad arall. Naill ai dewch a'r bwyd i fewn neu lun ohono. Copi'wch y rysâit a'i addurno.	Crëwch fwydlen ar gyfer dathliad. Beth fyddwch chi'n gweini i'ch gwesteion? Gwnewch yn siŵr bod gennych amrywiaeth o ddewis e.e. Llysieuol. Halal. Ayb.
Dyniaethau & Dinasyddiaeth: Hanes, Daeryddiaeth	Rhestrwch 5 ffrwyth a 5 llysieuyn a all gael eu tyfu yng Nghymru.	Oes unrhyw stori grefyddol / traddodiadol sy'n sôn am fwyd? Beth allwch chi ddweud amdanyn nhw? (Pwyntiau bonws os wnewch chi ysgrifennu un o'r storïau.)	Edrychwch ar fap o'r Byd. Gwnewch restr o'r gwahanol fwydydd sy'n tarddu o'r gwahanol wledydd.	Dewiswch bum gwahanol fath o fwyd o'r siop leol a darganfyddwch faint o filltiroedd y teithiodd i gyrraedd y wlad hon.
Gwyddoniaeth & Technoleg: Gwyddoniaeth, D.T., Eco 	Dewiswch gynnyrch bwyd a rhestrwch ei werth maethol.	Rhestrwch o leiaf 10 ffrwyth a 10 llysieuyn ac esbonio sut maent yn tyfu. Hynny yw, ar goeden, mewn pridd, ar y tir.	Dyfeisiwch rawnfwyd newydd. Cynlluniwch becyn newydd. Cofiwch ei wneud yn drawiadol ac i gynnwys nifer o'r nodwession sydd i'w weld ar focs grawnfwyd.	Edrych ar y deunydd pacio mae bwyd yn dod ynddo. Gwnewch restr o'r gwahanol mathau o fwydydd. Faint ohono sy'n medru cael ei ailgylchu? Beth yw'ch barn chi am y deunydd pacio? Rhowch resymau dros bwysigrwydd ailgylchu.
Celf a Dylunio: Celf, Dylunio, Cerdd, Dawns 	Crëwch wyneb yn defnyddio lluniau o fwyd.	Fedrwch chi feddwl am ganeuon sy'n enwi bwyd? Gwrandewch ar rai a gwnewch restr o'ch 10 uchaf.	Crëwch ddawnsdrefn neu drefn ffitrwydd i'w gyflwyno i weddill y dosbarth. Mae angen iddo godi cyfradd curiad y galon!	Cyfansoddwch gân am fwyd o gwmpas y byd. Medrwch ddefnyddio alaw sydd ar gael yn barod neu gyfansoddi un eich hun. Naill ai recordiwch eich cân neu ei berfformio o flaen y dosbarth.
Mathemateg & Datrys Problemau: Mathemateg, Sgiliau Meddwl, Logic, Datrys Problemau	Dewiswch 5 ffrwyth neu llysieuyn ar gael yn eich siop leol. Gwnewch restr o'u pris mewn £ a c. E.e. £0.25 neu 25c.	Copi'wch rysâit a : Dybli'r cynhwysion Haneri'r cynhwysion	Mae cyllideb o £50 gyda chi. Yn defnyddio bwydlen 'pryd ar glyd', pa gyfuniad o brydiau bwyd fedrwch chi brynu? Cyflwynwch eich gwaith yn drefnus gan ddangos y prydiau bwyd, y gost a'r cyfanswm.	Atodiad A Dewiswch unrhyw 4 o heriau 'Brechdanau Bob'

Areas of Study	Knowing 1 point	Understanding 2 points	Applying 3 points	Analysing 4 points
Language & Communication: Speaking, listening, reading, writing.	Sketch and label your favourite sandwich.	Read a story or a book featuring food. Write a short book review.	Write a poem about food.	Write a review of a meal or a Café/Restaurant. or Write a detailed set of instructions on how to prepare your favourite sandwich.
Health & Wellbeing: Physical activity, food, personal/social/ Emotional development	Draw a plate of healthy foods.	Make a list of products showing the fair trade logo.	Find a recipe for making a traditional dish from another country. Either bring in your finished product or take a photo. Remember to include the recipe.	Create a menu for a celebration. What will you be serving your guests? Make sure you have a few different choices for them e.g. vegetarian, halal etc.
Humanities & Citizenship: History, Geography, R.E.	Make a list of 5 fruits and vegetables that can be grown in Wales.	Are there any religious stories/myths and legends that feature food? What can you tell us about them? (Bonus points available if you write the story of one of them!)	Look at a map of the World. Make a list of different foods that originate from different countries.	Choose five different foods in your local supermarket and find out how many miles it has travelled to get to this country.
Science & Technology: Science, D.T., Eco issues 	Choose a food product and make a list of its nutritional value.	Make a list of at least 10 fruits and 10 vegetables and show how they grow. (E.g. in the ground, on the ground, in trees etc.)	Invent a new cereal. Design a new package. Remember to make it eye-catching and to include some of the features seen on cereal boxes.	Look at the packaging the food that you buy comes in. Make a list of the different types of packaging. How much of it is recyclable? What is your opinion about the packaging? Give reasons explaining the importance of recycling.
Creative Arts: Art, Design, music, Dance 	Create a face shape using pictures of food.	Can you think of songs or music with a 'food' theme? Listen to a selection, make a playlist of your top 10.	Create a fitness / dance routine to introduce to the rest of the class. It needs to raise the heart rate.	Compose a song about food around the world. You could use an existing tune or compose your own. Record it at home or perform it for your classmates.
Maths & Problem Solving: Maths, Thinking Skills, Logic, Problem Solving	Choose 5 fruit or vegetables that can be found at your local shop. Make a list of how much they would cost in pence and £.	Copy a recipe of your choice and: double the ingredients; halve the ingredients.	You have a budget of £50. Using a takeaway menu, what combination of meals could you buy? Present your work in an organised way showing the meals, cost and overall total.	Appendix A Choose any 4 of 'Bob's Butties' challenges to complete.

Brechdanau Bob

Dewiswch unrhyw 4 o heriau 'Brechdanau Bob'.

Atodiad
A

Mae Bob am agor siop frechdanau yn y dref. Mae wedi cynnal arolwg i ddarganfod barn pobl yn y dref am frechdanau.

Dyma'r canlyniadau.



Mae'n well gan chwarterer y bobl fwyta rholyn na brechdan



Dydy hanner y bobl ddim yn hoffi tomato

Mae 4 o'r bobl yn hoffi tiwna



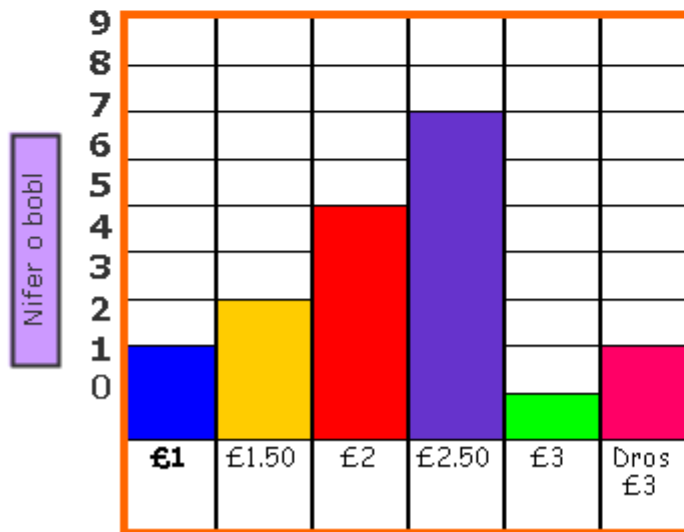
Dydy 7 o'r bobl ddim yn hoffi wynionyn

Mae 16 yn hoffi cyw iâr



Faint o galoriau hoffech chi gael ymhob brechdan ?

Faint rydych chi'n fodlon talu am frechdan ?

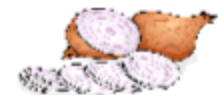


Nifer y caloriau	Tali
Llai na 200	IIII
Rhwng 200 a 300	IIII II
Rhwng 300 a 400	IIII I
Dros 400	III

Caloriau bob cyfran	Bwyd	Pris cyfran
120	Rhól bara	45c
75	1 dafell o fara	27c
80	Menyn	12c
150	Cyw iâr	45c
70	Ham	53c
120	Caws	49c
90	Tiwna	32c
75	Ŵy	29c
7	Winwn	13c
35	Picl	19c
40	Pinafal	29c
6	Letys	11c
9	Tomato	16c



Mae Bob eisiau gwneud 80c o elw ar bob brechdan.



Bob's Butties

Choose any 4 of 'Bob's Butties' challenges.

Appendix
A

Bob wants to open a sandwich shop in town. He has carried out a survey to find out what people like in their sandwiches. Here are the results.



A quarter of people prefer a roll to a sandwich



Half don't like tomato



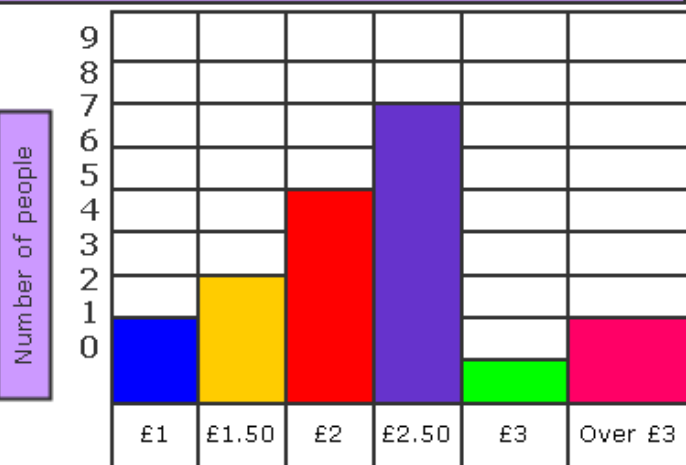
7 people don't like onion

16 like chicken

4 people like tuna

How many calories would you like to have in each sandwich?

How much are you prepared to pay for a sandwich?



Number of calories	Tally
Less than 200	
Between 200 and 300	/
Between 300 and 400	/
Over 400	

Calories per portion	Food	Price per portion
120	Roll	45p
75	1 slice of bread	27p
80	Butter	12p
150	Chicken	45p
70	Ham	53p
120	Cheese	49p
90	Tuna	32p
75	Egg	29p
7	Onion	13p
35	Pickle	19p
40	Pineapple	29p
6	Lettuce	11p
9	Tomato	16p



Price of sandwich

Bob wants to make 80p profit on every sandwich



Heriau Brechdanau Bob / Bob's Butties Challenges

Sawl kalori sydd mewn brechdan caws a ham gyda menyf?	How many calories are there in a cheese and ham sandwich with butter.
Gwnewch rôl sy'n cynnwys llai na 250 o galoriau.	Make a roll that has less than 250 calories.
Rwy'n prynu brechdan tiwna gyda menyf pob dydd am wythnos. Amcangyfrwch y gost.	I buy a tuna sandwich with butter every day for a week. Estimate how much it would cost.
Mae Bob yn gwerthu 100 brechdan mewn diwrnod. Faint o elw mae'n gwneud?	Bob sells 100 sandwiches in a day. How much profit does he make?
Mae Mrs Jones am rôl cyw iâr a tomato, rôl caws a phinafal a brechdan wÿ. Dydy hi ddim eisiau menyf o gwbl. Faint mae Mrs Jones yn talu?	Mrs Jones would like a chicken and tomato roll, a cheese and pineapple roll and an egg sandwich. She doesn't want butter at all. How much does she need to pay?
Mae gen i £5. Mae angen brechdanau arnaf i 3 person. Beth fedraf brynu?	I have £5. I need sandwiches for 3 people. What can I buy?
Mae Rhodri am brynu brechdan am £2. Beth all brynu?	Rhodri wants a sandwich for £2. What can he buy?
Faint o bobl sy'n fodlon talu dros £2 am frechdan?	How many people are willing to pay over £2 for a sandwich