



Ewch i *Goginio!*

Cyfres o gyrsiau ar baratoi a choginio prydau bwyd syml ar gost isel mewn awyrgylch gyfeillgar ac hamddenol

A series of practical courses in the basic preparation and cooking of food on a low budget, in an enjoyable and relaxed atmosphere

COOKING!

GET



Pam mae'n bwysig?

- Dengys ymchwil bod sgiliau coginio yn bwysig iawn wrth benderfynu beth y mae pobl yn ei fwyta a pha mor iach yw
- Collodd sawl rhiant y cyfle i ddysgu sgiliau coginio yn yr ysgol

Ar gyfer pwy mae e'?

- Pob rhiant efo plant ysgol

Sut mae'n gweithio?

- Hyd at 8 riant yn mynychu cyrsiau byrion (6 wythnos) a gynhelir 2-3 awr yr wythnos
- Darperir hyfforddiant gan diwtoriaid **SYM** a rheolir y cynllun gan **FfCSYM-Cymru**

Beth ydy'r gost?

- Am **DDIM**

Sut ellir cael mwy o wybodaeth?

- Cysylltwch â Swyddfa FfCSYM-Cymru: 02920 221712
- E-bost walesoffice@nfwi-wales.org.uk
- Llenwch y ffurflen ynghlwm a'i ddychwelyd i'r cyfeiriad rhestredig

Why is it important?

- Research has shown that cooking skills are very important in determining what people eat and how healthy it is
- Many parents missed out on learning cooking skills at school

Who is it for?

- All parents with school age children

How does it work?

- Up to 8 parents attend short courses (6 weeks) which are held each week for 2-3 hours at a time

- Training is provided by WI tutors and the scheme is managed by the NFWI – Wales

How much does it cost?

- It's **FREE**

How can you find out more?

- Contact the NFWI-Wales Office: 02920 221712
- email walesoffice@nfwi-wales.org.uk
- Fill in the attached form and return it to the address listed