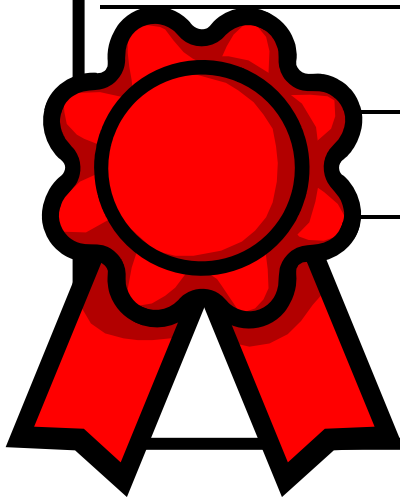
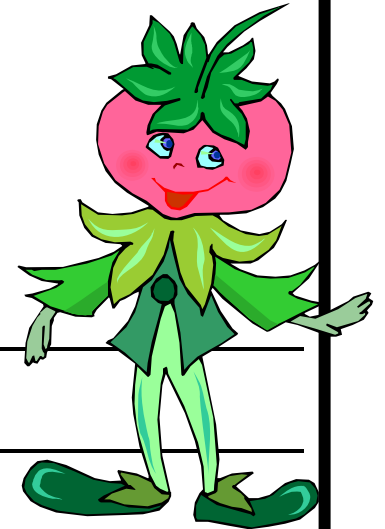


# Mae'n bwysig bwyta'n iach

Dwi am geisio bwyta .....



Llofnod \_\_\_\_\_ Dyddiad \_\_\_\_\_