

BWYTEWCH LLYSIAU I'W LLETHU / EAT THEM TO DEFEAT THEM

Rydym unwaith eto wedi ymuno â'r ymgyrch cenedlaethol 'Bwytewch Llysiau i'w Llethu'.

Am yr wythnosau nesaf, carwn eich cydweithrediad i annog eich plant i roi cynnig ar fwyta rhagor o llysiau. Bydd pob plentyn yn derbyn amlen â siart a sticeri i ddod gartref. Byddwn hefyd yn annog plant i fwyta llysiau amser cinio yn yr ysgol.

Os hoffech rhagor o wybodaeth, dyma'r wefan:

[Teuluoedd - Eat Them To Defeat Them](#)

Once again, we have joined the national campaign 'Eat Them to Defeat Them'.

For the next few weeks, we would appreciate your co-operation to encourage your children to try more vegetables. Each child will receive an envelope with a chart and some stickers to bring home. Staff in school will also encourage the children to eat more vegetables at lunchtime.

If you would like more information, this is the website:

[Families - Eat Them To Defeat Them](#)

