

Maes Astudio	1 pwynt	2 bwynt	3 phwynt	4 pwynt
Iaith a Chyfathrebu	Brasiuniwch a labelwch eich hoff frechdan.	Darllenwch stori neu lyfr yn seiliedig ar / cynnwys bwyd.	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 a Lles	Tynnwch lun plat o fwyd iachus.	Gwnewch restr o nwyddau sy'n dangos logo Masnach Deg.	Dewch o hyd i rysáit ar gyfer bwyd sy'n draddodiadol o wlad arall. Nail ar dewch a'r bwyd i fewn neu lun ohono. Copïwch y rysáit a'i addurno.	Crëwch fwydlen ar gyfer dathliad. Beth fyddwch chi'n gweini i'ch gwesteion? Gwnewch yn siwr bod gennych amrywiaeth o ddewis.
Dyniaethau	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 amdany'n nhw?	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 a Thechnoleg.	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 nodweddion 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	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 gallon.	Cyfansoddwch gân am fwyd o gwmpas y byd. Medrwch ddefnyddio alaw sydd ar gael yn barod neu gyfansoddi un eich hun. Nail ai recordiwch eich cân neu ei berfformio o flaen y dosbarth.
Mathemateg a 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.	Copïwch rysáit a: Dyblu'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.	



Language and Communication	Sketch and label your favourite sandwich.	Read a short story or a book featuring food.	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 and Wellbeing	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.
Humanities	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?	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 and Technology	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 grounds, 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 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 Art	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 and perform it for your classmates.
Maths and 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.	

