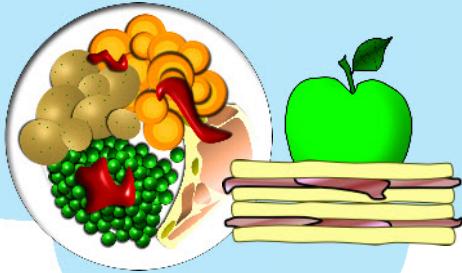
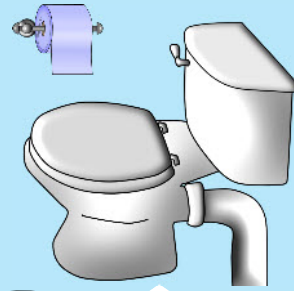


# Pan rydych chi'n golchi'ch dwylo!

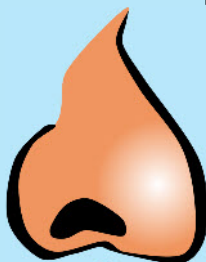
cyn bwyta



ar ôl bod yn  
y tŷ bach



ar ôl chwythu  
eich trwyn



cyn coginio

