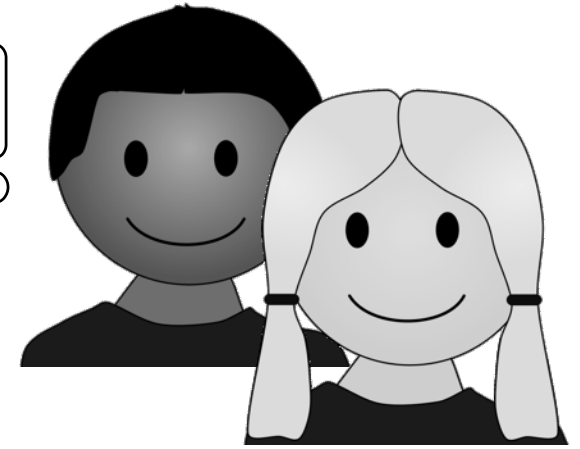
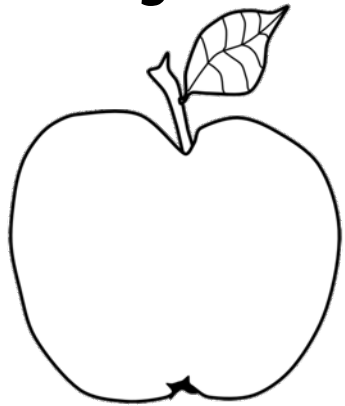


# Fy mat byrbryd!

Beth ydych chi'n bwyta heddiw?



afal

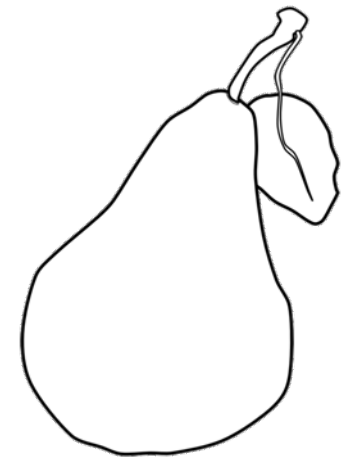
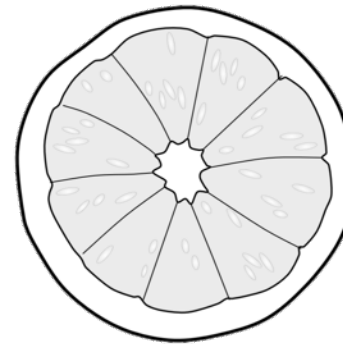


tomato



banana

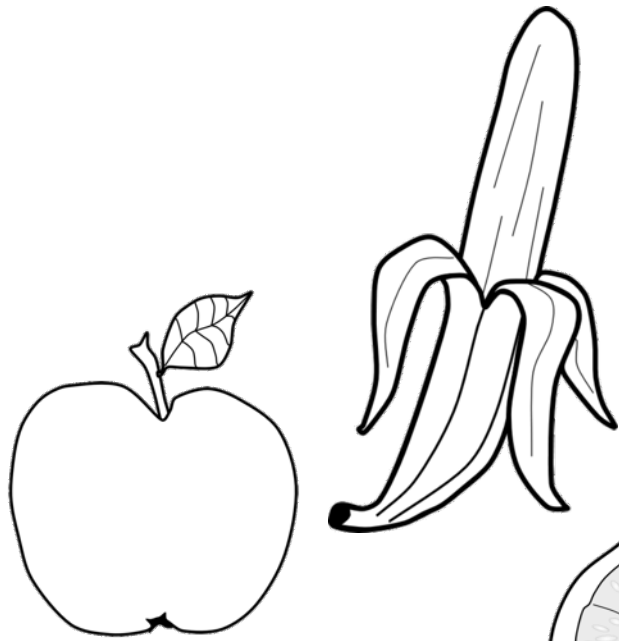
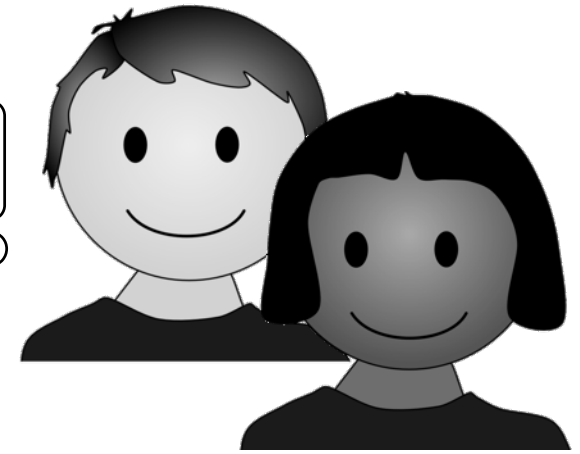
oren



peren

neu rhywbeth arall?

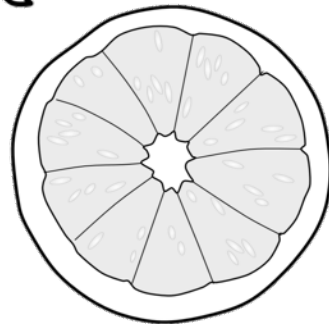
Ffrwyth blasus!



noddlyd

melys

iachus



blasus

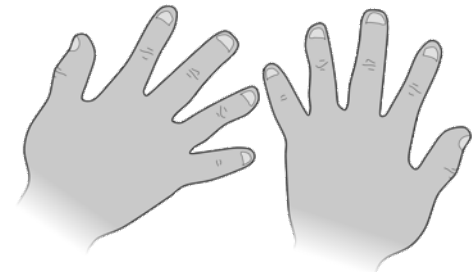
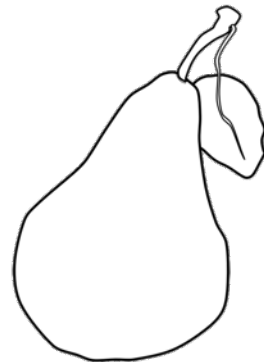
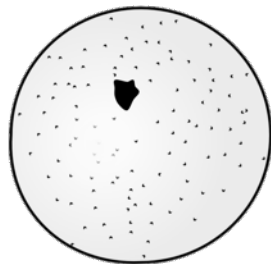
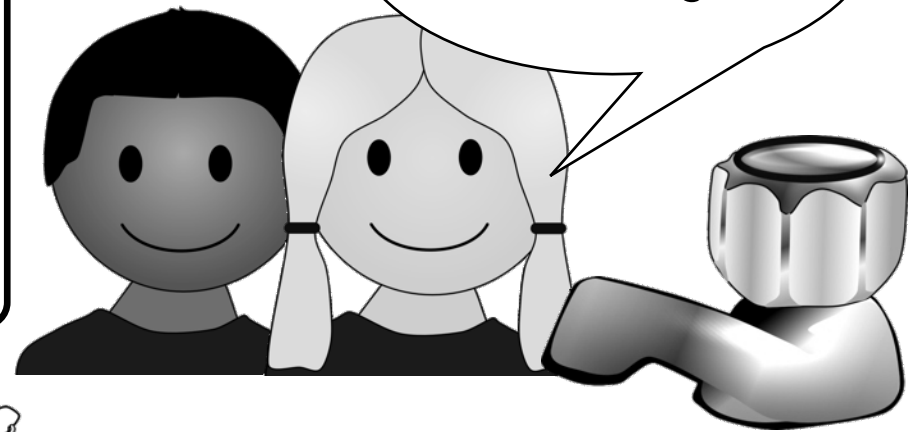


# Ein Amser Byrbryd

Y ffrwyth heddiw yw

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Cofiwch olchi  
eich dwylo

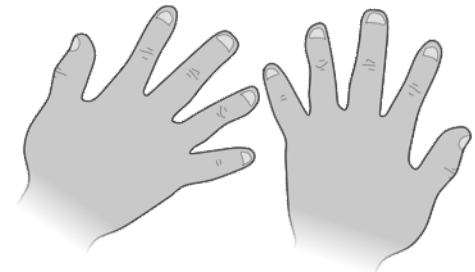
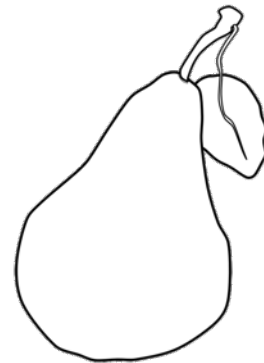
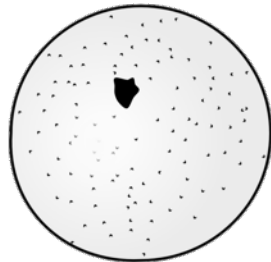
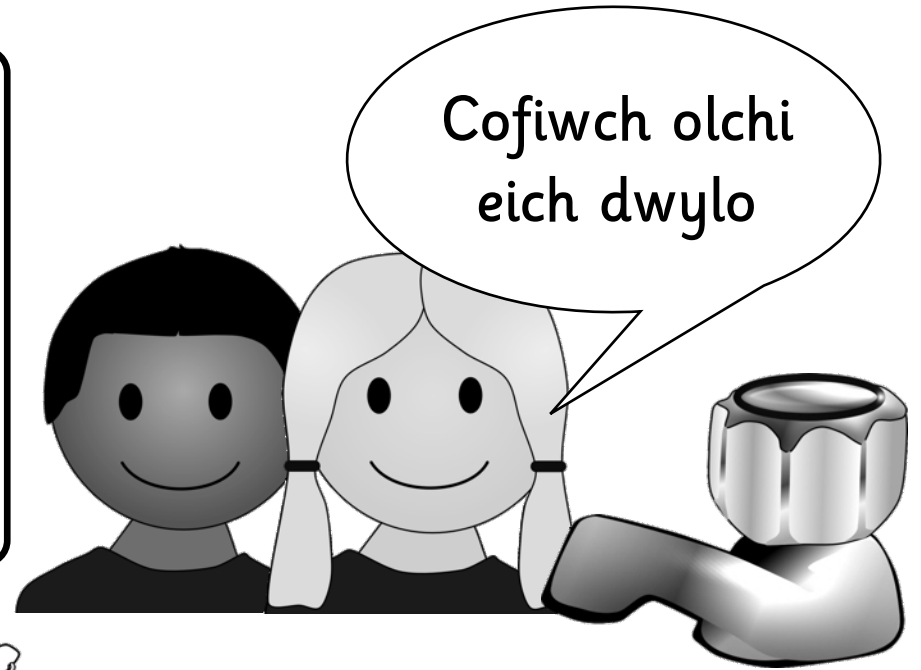


# Ein Amser Snac

Y ffrwyth heddiw yw

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Cofiwch olchi  
eich dwylo



# Ein Amser Ffrwyth

Y ffrwyth heddiw yw

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Cofiwch olchi  
eich dwylo

