

## Tasg 2

# Paratoi

Rydych chi'n mynd i gystadlu mewn ras daearu – ond sut mae paratoi?

- Ysgrifennwch eich syniadau chi yn y bocs isod.  
Dyma ychydig o help i chi:

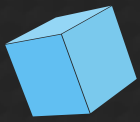
Dylwn i ... (I should ...)	Dylwn i ymarfer ... Dylwn i gerdded ... Dylwn i redeg ... Dylwn i nofio ... Dylwn i ddeifio ... Dylwn i fwyta ... Dylwn i brynu ... Dylwn i wisgo ...	I should practise / train ... I should walk ... I should run ... I should swim ... I should dive ... I should eat ... I should buy ... I should wear ...
Ddylwn i ddim ... (I shouldn't ...)	Ddylwn i ddim eistedd ... Ddylwn i ddim chwarae ... Ddylwn i ddim bwyta ... Ddylwn i ddim yfed ... Ddylwn i ddim meddwl, " ....." Ddylwn i ddim gwisgo ...	I shouldn't sit ... I shouldn't play ... I shouldn't eat ... I shouldn't drink ... I shouldn't think, " ....." I shouldn't wear ...

## Paratoi

- Cymharwch eich syniadau chi gyda syniadau partner.

Geirfa			
cystadlu	to compete	syniad, syniadau	idea, ideas
paratoi	to prepare	isod	below

Ewch i'r dudalen nesaf.



3. Ar fore'r ras, beth ddylech chi wneud? Ysgrifennwch eich syniadau yn y bocs isod.

Meddyliwch am:

- Pryd ddylech chi godi?
- Beth ddylech chi fwyta i frecwast?
- Beth ddylech chi wneud yn y bore?
- Beth ddylech chi wneud amser cinio?
- Faint ddylech chi yfed?
- Beth ddylech chi wisgo?

**Ar fore'r ras ...**

4. Cymharwch eich syniadau chi gyda syniadau partner.