

Writing to provide information

Discussing a healthy lifestyle

Narrator

Er mwyn byw bywyd iach, dylet ti wneud ymarfer corff yn rheolaidd. Gallet ti fynd i'r ganolfan hamdden efo dy ffrindiau neu ymuno â chlwb chwaraeon. Hefyd, dylet ti fwyta bwyd iach fel ffrwythau a llysiau ffres, bwyd braster isel, bara cyflawn a digon o fitaminau a mwynau. Dylet ti yfed llawer o ddŵr yn lle diod gyda llawer o siwgr. Ddylet ti ddim ysmygu a ddylet ti ddim yfed gormod o alcohol. Mae cymryd cyffuriau yn beryglus iawn, felly paid cymryd cyffuriau o gwbl.

Translation

In order to live a healthy life, you should exercise regularly. You could go to the leisure centre with your friends or join a sports club. Also, you should eat healthy foods like fresh fruit and vegetables, low fat food, wholemeal bread and plenty of vitamins and minerals. You should drink plenty of water instead of drinks containing lots of sugar. You should not smoke and you shouldn't drink too much alcohol. Taking drugs is very dangerous, so don't take any drugs at all.