

CYMRAEG / HEALTH & WELL-BEING · YEAR 2–5

Cymraeg — Bwyd a Diod

Food & Drink — Years 2–5

Bwyd — Food

1

bara

bread

Example: BAH-ra

2

cig

meat

Example: keeg

3

pysgod

fish

Example: PUS-god

4

wyau

eggs

Example: OO-eye

5

llysiau

vegetables

Example: THLUS-eye

6

ffrwythau

fruit

Example: FROO-they

7

caws

cheese

Example: couse

8

afal

apple

Example: AH-val

9

moron

carrots

Example: MOR-on

10

tatws

potatoes

Example: TA-toos

Bwyd Cymreig — Welsh Food

1

cawl

Welsh lamb stew — the national dish of Wales

Example: kowl (rhymes with 'fowl')

2

bara brith

speckled bread — a Welsh tea bread with dried fruit

Example: BAH-ra breeth

3

pice ar y maen

Welsh cakes — griddle cakes with currants

Example: PEE-keh ar uh mine

4

cig oen

lamb

Example: keeg OYN

5

lecsyn

leek — the national vegetable of Wales

Example: LEK-sin

