



Gofal a Chysur yn Gymraeg

Uned 1: Croeso

Unit 1: Welcome

- enwau benywaidd / *feminine nouns*
- enwau gwrywaidd / *masculine nouns*
- berfau / *verbs*
- ansoddeiriau / *adjectives*
- arall / *other*

| Cymraeg | Saesneg |
|----------|---------|
| Cymraeg | Welsh |
| nos | night |
| noswaith | evening |
| nyrs | nurse |
| paned | cuppa |

| Cymraeg | Saesneg |
|-----------------|-----------------|
| bore | morning |
| bwyd | food |
| croeso | welcome |
| deietegydd | dietician |
| ffisiotherapydd | physiotherapist |
| gofalwr | carer |
| meddyg / doctor | doctor |
| prynhawn | afternoon |

| Cymraeg | Saesneg |
|---------|-------------|
| eisiau | to want |
| helpu | to help |
| siarad | to talk |
| trio | to try |
| ymarfer | to practise |

| Cymraeg | Saesneg |
|------------|---------|
| da | good |
| iawn | OK |
| prysur | prysur |
| wedi blino | tired |

| Cymraeg | Saesneg |
|--------------------------|-------------------|
| a | and |
| chi | you |
| Dewch i mewn | Come in |
| Diolch | Thanks |
| Dim diolch | No thanks |
| Dim problem | No problem |
| Helô | Hello |
| Hwyl | Bye |
| Nac ydw | No I am not |
| Plis / Os gwelwch yn dda | Yes please |
| Pwy dych / dach chi? | Who are you? |
| Pwy wyt ti? | Who are you? |
| Shwmae? / Su'mae? | How are you? |
| Sori | Sorry |
| ti | you |
| Un munud plis | One minute please |
| Wrth gwrs | Of course |
| Ydw | Yes I am |

Uned 2: Y corff, y meddwl a'r emosiynau

Unit 2: The body, mind and emotions

- enwau benywaidd / *feminine nouns*
- enwau gwrywaidd / *masculine nouns*
- berfau / *verbs*
- ansoddeiriau / *adjectives*
- arall / *other*

| Cymraeg | Saesneg |
|-----------------------|-------------|
| aren (arennau) | kidney(s) |
| boch (bochau) | cheek(s) |
| braich (breichiau) | arm(s) |
| brest | chest |
| bron (bronnau) | breast(s) |
| calon | heart |
| ceg | mouth |
| coes (coesau) | leg(s) |
| clust (clustiau) | ear(s) |
| garddwrn (garryrnau) | wrist(s) |
| gên | chin |
| gwefus (gwefusau) | lip(s) |
| llaw (dwylo) | hand(s) |
| llygad (llygaid) | eye(s) |
| penelin (penelinoedd) | elbow(s) |
| pledren | bladder |
| stumog | stomach |
| tost / sâl | sick / ill |
| troed (traed) | foot (feet) |
| ysgwydd (ysgwyddau) | shoulder(s) |

| Cymraeg | Saesneg |
|--------------------------|---------------|
| afu / iau | liver |
| bawd (bodiau) | thumb(s) |
| bol | belly |
| bys (bysedd) | finger(s) |
| bys troed (bysedd traed) | toes(s) |
| coluddyn | intestine |
| corff | body |
| dant (dannedd) | tooth (teeth) |
| gwallt | hair |
| gwddf | neck / throat |
| pancreas | pancreas |
| pendics | appendix |
| penglin (pengliniau) | knee(s) |
| pen | head |
| poen | pain |
| symptom (symptomau) | symptom(s) |
| tafod | tongue |
| trwyn | nose |
| ymennydd | brain |
| ysgyfaint | lungs |

| Cymraeg | Saesneg |
|---------|---------|
| teimlo | to feel |

| Cymraeg | Saesneg |
|-----------------|-------------------|
| crac / blin | angry |
| cyfforddus | comfortable |
| diolchgar | grateful |
| gobeithiol | hopeful |
| hapus | happy |
| llonydd / tawel | calm |
| ofnus | afraid |
| becso / poeni | anxious / worried |
| siomedig | disappointed |
| trist | sad |
| unig | lonely |

| Cymraeg | Saesneg |
|---------------------------|--------------|
| allan o ddeg / mas o ddeg | out of 10 |
| mewn poen | li pain |
| ychydig bach | a little bit |

Uned 3: Beth sy'n bwysig i chi?

Unit 3: What's important to you?

- enwau benywaidd / feminine nouns
- enwau gwrywaidd / masculine nouns
- berfau / verbs
- ansoddeiriau / adjectives
- arall / other

| Cymraeg | Saesneg |
|---------|---------|
| paned | a cuppa |

| Cymraeg | Saesneg |
|-----------|-------------|
| apwyntiad | appointment |
| bwyd | food |

| Cymraeg | Saesneg |
|---------|---------------|
| cysgu | to sleep |
| deall | to understand |
| ffonio | to phone |
| gweld | to see |
| gwrando | to listen |
| gwybod | to know |
| mynd | to go |
| trefnu | to arrange |
| ymlacio | to relax |

| Cymraeg | Saesneg |
|---------|-----------|
| pwysig | important |

| Cymraeg | Saesneg |
|----------------------|------------------------|
| am dro (mynd am dro) | a walk (go for a walk) |
| Beth? | What? |
| Beth am...? | What about...? |
| Ble? | Where? |
| fel arfer | usually |
| heddiw | today |
| hefyd | also / too |
| O na! | Oh no! |
| ond | but |
| Pryd? | When? |
| Pwy? | Who? |
| Sut? | How? |
| yn | in |
| yma | here |
| ysbyty | hospital |