



Lleihau Gwastraff Waste Minimisation

#EcoSgolionAdref
#EcoSchoolsAtHome



Did you know that in UK households, 4.9million tonnes of edible food is wasted every year!? That's a 1/3 of all edible food!

How can we help solve this?

See if you can find out which food is wasted most in your family or home and work out how to stop it being wasted. Can you think of some top tips for not wasting food?

Have you come up with any recipes to reduce waste? Perhaps you can create a recipe for using up leftover bread crusts, fruit or vegetables. Share the recipes with your friends, family and to help everyone waste less food.

And don't forget to Tweet us at @EcoSchoolsWales or tag us on Insta @ecoschoolswales





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Oeddech chi'n gwybod bod hyd at 4.9 miliwn o dunelli o fwyd yn cael ei wastraffu bob blwyddyn!? Dyna 1/3 o'r holl fwyd bwytafwy!

Sut allwn ni helpu i ddatrys hyn?

TASG: Edrychwch a allwch chi ddarganfod pa fwyd sy'n cael ei wastraffu fwyaf yn eich teulu a gweithio allan sut i'w atal rhag cael ei wastraffu. A allwch chi feddwl am rai awgrymiadau da ar gyfer peidio â gwastraffu bwyd?

Ydych chi wedi meddwl sut i leihau gwastraff? Efallai y gallwch chi greu rysâit ar gyfer defnyddio bara, ffrwythau neu lysiau dros ben. Rhannwch gyda'ch ffrindiau, teulu a ni i helpu pawb i wastraffu llai o fwyd

A peidiwch ag anghofio i bastion tweet i ni @EcoSchoolsWales neu tagiwch ni ar Insta @ecoschoolswales





CACENNAU BANANA

BANANA CAKES

CYNHWYSION

- 4 banana frown
- 250g blawd plaen
- 125 ml o olew
- 2 wy
- 50g swgwr
- ¼ llwy de o soda
- 1 llwy de o bowder pobi

INGREDIENTS

- 4 brown bananas
- 250g plain flour
- 125ml of oil
- 2 eggs
- 50g sugar
- ¼ teaspoon of bicarbonate soda
- 1 teaspoon of baking powder

GWRES Y POPDY - 200°C
COOKER TEMPERATURE - 200°C

DULL

- Sdwshio'r bananas gyda fforc mewn powlen
- Tywell yr olew i fewn i jwg gyar wyau ai cyro.
- Rhoi'r blawd, swgwr, Soda a powder pobi mewn powlen fawr a'i cymysgu
- Ychwanegu yr olew ar wyau yna'r bananas ai cymysgu y cyfan.
- Rhoi'r cymysgedd mewn ceses bach a'i pobi am 20 munund

METHOD

- Mash the bananas with a fork in a bowl
- Pour the oil into a jug with the eggs and beat.
- Put the flour, sugar, bicarbonate soda and baking powder in a large bowl and mix.
- Add the oil and eggs and then the bananas and mix it all together.
- Full the small cases with the mixture and bake for 20 minutes.

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