



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
hosbis	hospice
nos	night
noswaith	evening
nyrs	nurse
paned	cuppa
problem	problem
triniaeth	treatment

Cymraeg	Saesneg
apwyntiad	appointment
bore	morning
bwyd	food
croeso	welcome
deietegydd	dietician
ffisiotherapydd	physiotherapist
gofalwr	carer
meddyg / doctor	doctor
prynhawn	afternoon
ysbyty	hospital

Cymraeg	Saesneg
eisiau	to want
helpu	to help
siarad	to talk
trio	to try
trefnu	to arrange
ymarfer	to practise

Cymraeg	Saesneg
da	good
iawn	OK
prysur	prysur
wedi blino	tired

Cymraeg	Saesneg
a	and
Beth am...?	What about...?
chi	you
Dewch i mewn	Come in
Diolch	Thanks
Dim diolch	No thanks
Dim problem	No problem
gyda	with
gofal lliniarol	palliative care
Helô	Hello
Hwyl	Bye
Hwyl fawr	Goodbye
i	to
ie	yes
na	no
Nac ydw	No I am not
Plis / Os gwelwch yn dda	Yes please
Pwy?	Who?
Pwy dych / dach chi?	Who are you?
Pwy wyt ti?	Who are you?
Shwmae? / Su'mae?	How are you?
Sori	Sorry
Un munud plis	One minute please
Ydw	Yes I am
Wrth gwrs	Of course

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 (garddyrrnau)	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)
cefn	back
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

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 / pryderus	anxious / worried
siomedig	disappointed
trist	sad
tost / sâl	sick / ill
unig	lonely

Cymraeg**Saesneg**

allan o 10 / mas o 10

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
cath	cat
diod	a drink
gwraig	wife
merch	daughter

Cymraeg	Saesneg
apwyntiad	appointment
bwyd	food
cariad	love / partner
ci	dog
cymydog (cymdogion)	neighbour(s)
(y) dyfodol	(the) future
ffrind (ffrindiau)	friend(s)
gŵr	husband
mab	son
(y) teulu	(the) family
partner	partner
plentyn (plant)	child (children)
ysbyty	hospital

Cymraeg	Saesneg
bwyta	to eat
cerdded	to walk
cysgu	to sleep
darllen	to read
deall	to understand
eisiau	to want
ffonio	to phone
gweld	to see
gwrando	to listen
gwybod	to know
gwylio	to watch
helpu	to help
mynd	to go
teimlo	to feel
trefnu	to arrange
yfed	to drink
ymlacio	to relax
ymolchi	to wash (oneself)

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?
bob dydd	every day
drwy'r amser	all the time
fel arfer	usually
heddiw	today
hefyd	also / too
O na!	Oh no!
ond	but
Pryd?	When?
Pwy?	Who?
Sut?	How?
weithiau	sometimes
yn	in
yma	here

Cymraeg	Saesneg
bachgen / bechgyn	boy/s
bwced / bwcedi	bucket/s
bwrdd / byrddau	table/s
clawdd / cloddiau	hedge/s
cranc / crancod	crab/s
cwch / cychod	boat/s
cwpwrdd / cypyrddau	cupboard/s
cyfrifiadur / cyfrifiaduron	computer/s
drôr / droriau	drawer/s
drws / drysau	door/s
lliw / lliwiau	colour/s
llun / lluniau	picture/s
llyfr / llyfrau	book/s

Cymraeg	Saesneg
ewch	go (command form)
gwisgwch	wear (command form)
dewch	come (command form)
sefwch	stand (command form)
eisteddwch	sit (command form)
rholiwch	roll (command form)

Cymraeg	Saesneg
ar	on
ar ben / uwchben	above / on top of
o dan	under
o flaen	in front of
tu ôl	behind
yn y	in the