

Sioe Sleidiau A

# HER BWYD FYD-EANG



Adnoddau'r Her Bwyd Fyd-eang ar gyfer disgyblion 7-11 oed



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# SESIWN UN PAM Y MAE BWYD YN HER LEDLED Y BYD?



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# Siarad am fwyd ...

Pa eiriau a fydd yn ein helpu i drafod problemau bwyd o amgylch y byd?

Diffyg maethiad

Bod yn llwglyd

Iechyd

Newyn

Sicrwydd bwyd

Ffermio

Adnoddau

Llwgu

Cnydau



# LET'S TALK ABOUT HUNGER

Confused by the language of food crises? Learn how to spot them early and understand how your action can help save lives.

## FOOD SECURITY

When all people at all times have access to sufficient, safe, nutritious food to meet their dietary needs for an active and healthy life.



<5%

of the population is acutely malnourished



means of earning an income



>15 liters of water per person per day



>2,100 calories per person per day; consistent quantity and quality of food available

## FOOD INSECURITY

When people's access to food is minimally adequate and they have trouble meeting their basic needs.

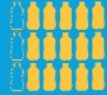


5-10%

of the population is acutely malnourished



unsustainable means of earning an income



about 15 liters of water per person per day but unstable



2,100 calories per person per day; barely adequate diet

## ACUTE FOOD AND LIVELIHOOD CRISIS

When there is a critical lack of access to food coupled with high levels of acute malnutrition—or when people can meet minimal food needs only by selling essential possessions.



10-15%

of the population is acutely malnourished



serious interruption to the means of earning an income



7.5-15 liters of water per person per day



Unable to meet 2,100 calories per person per day without extreme measures; limited food choices

## HUMANITARIAN EMERGENCY

When there is a severe lack of access to food; high and increasing acute malnutrition; excess deaths; and people face an irreversible loss of their means of earning an income.



15-30%

of the population is acutely malnourished



critical and irreversible interruption to the means of earning an income



4-7.5 liters of water per person per day



<2,100 calories per person per day; access to 3 or fewer food groups

## FAMINE

When people face a complete lack of access to food and other basic needs and experience mass starvation, death, and destitution.



>30%

of the population is acutely malnourished



complete loss of the means of earning an income



<4 liters of water per person per day



An extreme shortage of calories per person per day; access to 1-2 food groups

URGENT ACTION REQUIRED

URGENT ACTION REQUIRED

URGENT ACTION REQUIRED

Dyma enghraifft o ffeithlun.

Mae ffeithluniau yn defnyddio delweddau, patrymau, diagramau, siartiau a thestun i sicrhau bod gwybodaeth yn gwbl glir ac yn haws ei deall.

# Pam y mae pobl yn llwglyd tra bo digon o fwyd ar gael i'w fwyta?

“Roedd gennym ddarn bach o dir lle roeddem yn gallu tyfu reis i'w fwyta. Yn anffodus gwnaeth cwmni sy'n tyfu ffrwythau i'w gwerthu dramor gymryd y tir oddi arnom.”  
*Maria, Pilipinas (Ynysoedd y Philipines)*

“Weithiau nid oes ond gennyf ddigon o arian i brynu bwyd ar gyfer fy mabi. Bryd hynny does gen i ddim byd i'w fwyta.”  
*Annie, Y DU*

Gadawodd Anthony ei dir oherwydd ymladd.  
“Cafodd fy nghartref, fy nghansenni siwgr a'm coed oren oll eu llosgi i'r llawr.”  
*Anthony, Kenya*

“Mae'n mynd yn fwy ac yn fwy anodd i gynaeafu cnwd da oherwydd y sychder blynyddol. Mae hyn yn golygu nad ydym yn gwneud cymaint o arian wrth werthu ein cynydau yn y farchnad ac mae gan ein teulu lawer iawn yn llai i'w fwyta”  
*Tendai, Zimbabwe*

“Ni chefais frecwest fore heddiw. Mae'r siopau yn llawn bwyd ond does gen i ddim arian i brynu unrhyw beth.”  
*John, UDA*



# THE BEST AND WORST PLACES TO EAT

Oxfam has ranked 125 countries on everything from malnutrition rates to food prices. Here's a snapshot – how did your country do?



[www.oxfam.org/food](http://www.oxfam.org/food)



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# SESIWN DAU

## O BLE Y DAW EIN BWYD?



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## Gofyn cwestiynau ...

Pwy?

Pryd?

Beth?

Ble?

Pam?



# Categoreiddio cwestiynau

## Grwpio eich cwestiynau

- Y rhai y mae modd eu hateb yn ddidrafferth
- Y rhai y mae angen rhagor o wybodaeth o lyfrau neu ffynonellau eraill yn eu cylch
- Y rhai nad oes ateb pendant iddynt ond a fydd yn arwain at drafodaeth ehangach ynghylch y materion a godir



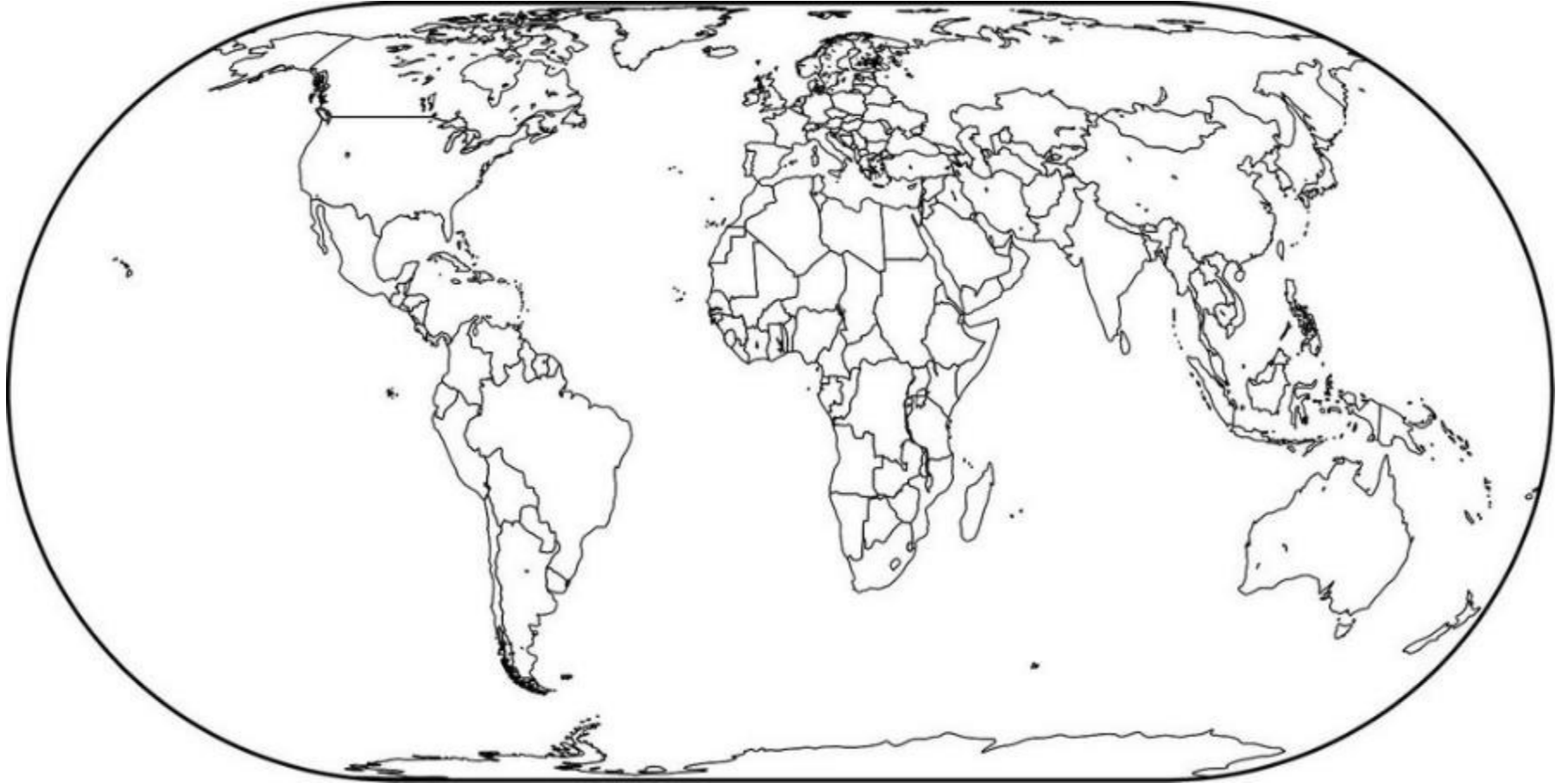
# O ble y daw ein bwyd?

Edrychwch yn eich bag archfarchnad

		O ble y mae'n dod? Enw'r wlad a'r cyfandir.	Beth yw'r pris?	



# O ble y daw ein bwyd?



Ffynhonnell y map: Geographical Association [www.geography.org.uk](http://www.geography.org.uk)



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# SESIWN TRI PWY SY’N CYNHYRCHU EIN BWYD?



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# Ffermio o amgylch y byd ...

Edrychwch ar eich llun.

- Ble y mae'r lle hwn?
- Pwy yw'r ffermwr, o bosibl?
- Beth sy'n digwydd yn y llun?
- Beth sy'n digwydd y tu hwnt i ffrâm y llun?





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cc-by-sa/2.0 - Cows near Littlewood Farm... by Jim Champion - [geograph.org.uk/p/151953](http://geograph.org.uk/p/151953)

Jim Champion



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# Cwrdd â Leyla ...



Malawi

Abbie Trayler-Smith/Oxfam



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**Small farmers have little money to buy fertiliser for crops.**

Source: <http://commons.wikimedia.org/wiki/>



**Little fertiliser and soil erosion results in poor plant growth.**

© Jane [Burgess](#)/Oxfam



**With poor plant growth food supply for the community is not enough for everyone.**

© Jane [Burgess](#)/Oxfam



**Small farmers are given fertiliser and small loans by local government groups.**

© Jane [Burgess](#)/Oxfam



**Fertiliser means more types of crops are grown, e.g. tomatoes, groundnuts, sweet potato and wheat.**

Source: <http://commons.wikimedia.org/wiki/>



**This means more food and better nutrition for the local community.**

© Annie [Burgess](#)/Oxfam



**There is now enough food so extra food can be sold for profit at the market.**

© Annie [Burgess](#)/Oxfam



**Families can buy health care for somebody in the family who is sick.**

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**Malawi is a small country with little land for farming.**

Source: <http://commons.wikimedia.org/wiki/>



**Large estates growing tobacco tea, sugar and other crops for export own the best land.**

Source: <http://commons.wikimedia.org/wiki/>



**So small farmers are left with little space for their farms.**

© Annie Bungey/Oxfam



**Small farms don't let you grow a lot of food.**

© Debbie Jackson/Oxfam



**The farmers put their land together to make a larger piece of land, and farm together**

© Debbie Jackson/Oxfam



**Working together saves time so they can grow lots of crops like rice, wheat and tomatoes.**

Source: <http://commons.wikimedia.org/wiki/>



**This means they can sell food in bigger amounts to the local factory and super-market.**

© Abbie Traylor-Smith/Oxfam



**The community can use the money to make a grocery shop and a tea room.**

© Annie Bungey/Oxfam



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**Farmers have little money to buy seeds, little training and only have seeds that grow slowly.**

Source: <http://commons.wikimedia.org/wiki/>



**Having few resources means farmers can only plant few seeds every year.**

© Jane Beagley/Oxfam



**This means there is not enough food grown to feed the community.**

© Abbie Traylor-Smith/Oxfam



**Farmers are given starter packs of seeds and fertiliser, with training.**

© Abbie Traylor-Smith/Oxfam



**The community can then harvest tomatoes twice a year as well as diversifying crops.**

© Abbie Traylor-Smith/Oxfam



**These tomatoes are sold to the local factory.**

© Abbie Traylor-Smith/Oxfam



**The local factory make canned tomato juice and puree to supermarkets across Malawi.**

© Abbie Traylor-Smith/Oxfam

Ketchup source: <http://commons.wikimedia.org/wiki/>



**Selling the tomatoes from two harvests per year give extra money to send children to school.**

© Abbie Traylor-Smith/Oxfam



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**Climate change results in unpredictable rainfall.**

Source: <http://commons.wikimedia.org/wiki/>



**This causes more and more frequent droughts, causing soil erosion.**

Source: <http://commons.wikimedia.org/wiki/>



**Drought and soil erosion mean crops are ruined, so there is less food grown.**

Source: <http://commons.wikimedia.org/wiki/>



**The local community work together to build a channel from the local river to the fields.**

Source: <http://commons.wikimedia.org/wiki/>



**This means water is available all year round and reduces soil erosion.**

Source: <http://commons.wikimedia.org/wiki/>



**Better water supply means a larger yield of maize is grown.**

Source: <http://commons.wikimedia.org/wiki/>



**Maize can be sold to make foods like cornflakes, pop corn and tortilla chips in other countries.**

Source: <http://commons.wikimedia.org/wiki/>





























**The money made from selling maize is used to buy roofing material and build new homes.**

© Gbble Traylor-Smith/Oxfam



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# Nadroedd ac Ysgolion

100 YOU WON! YOU MADE ENOUGH FOOD FOR YOUR FAMILY AND FOR MARKET!	99	98 	97	96	95	94 <i>It is too warm and the soil is dry.</i>	93	92 	91
81	82 <i>Oh no! Your village suffers from droughts.</i>	83 	84	85	86	87	88	89 <i>Big companies take the best land so you are left with poor soil and small land.</i>	90
80	79	78 <i>You get trained in new farming techniques so you can plant year round.</i>	77 	76 	75	74 	73 <i>You use seeds which give better crop yields.</i>	72	71
61 	62 <i>Your local government provides funds for good seeds.</i>	63	64 	65 <i>You use poor seeds so not many crops grow.</i>	66	67 	68 	69 	70
60	59	58	57	56 	55	54 <i>You are give a seed starter kit with a variety of good seeds.</i>	53	52 	51 <i>Your crops are eaten by pests in the warm conditions.</i>
41	42 <i>Your fields are too small.</i>	43	44 <i>You are given fertilisers to make your soil more fertile.</i>	45 	46	47 	48	49 <i>You share land with other farmer in your community to farm a bigger piece of land.</i>	50
40 <i>Strong winds ruin your crops.</i>	39	38 	37	36	35 	34 	33 <i>You are using traditional farming methods so you only grow once a year.</i>	32	31 
21	22	23 <i>You have no money to buy more seeds.</i>	24	25 <i>You build a new water channel from the river to your farm.</i>	26 	27 	28	29	30
20 	19 	18	17	16 	15	14 <i>You can not get hold of water all year around so your crops are spilled.</i>	13	12	11
1	2	3	4 <i>You community builds a new irrigation system so you have access to water.</i>	5 	6	7	8 	9	10

