

GUIDE
DOGS



Cymru

Adnoddau



GUIDE
DOGS



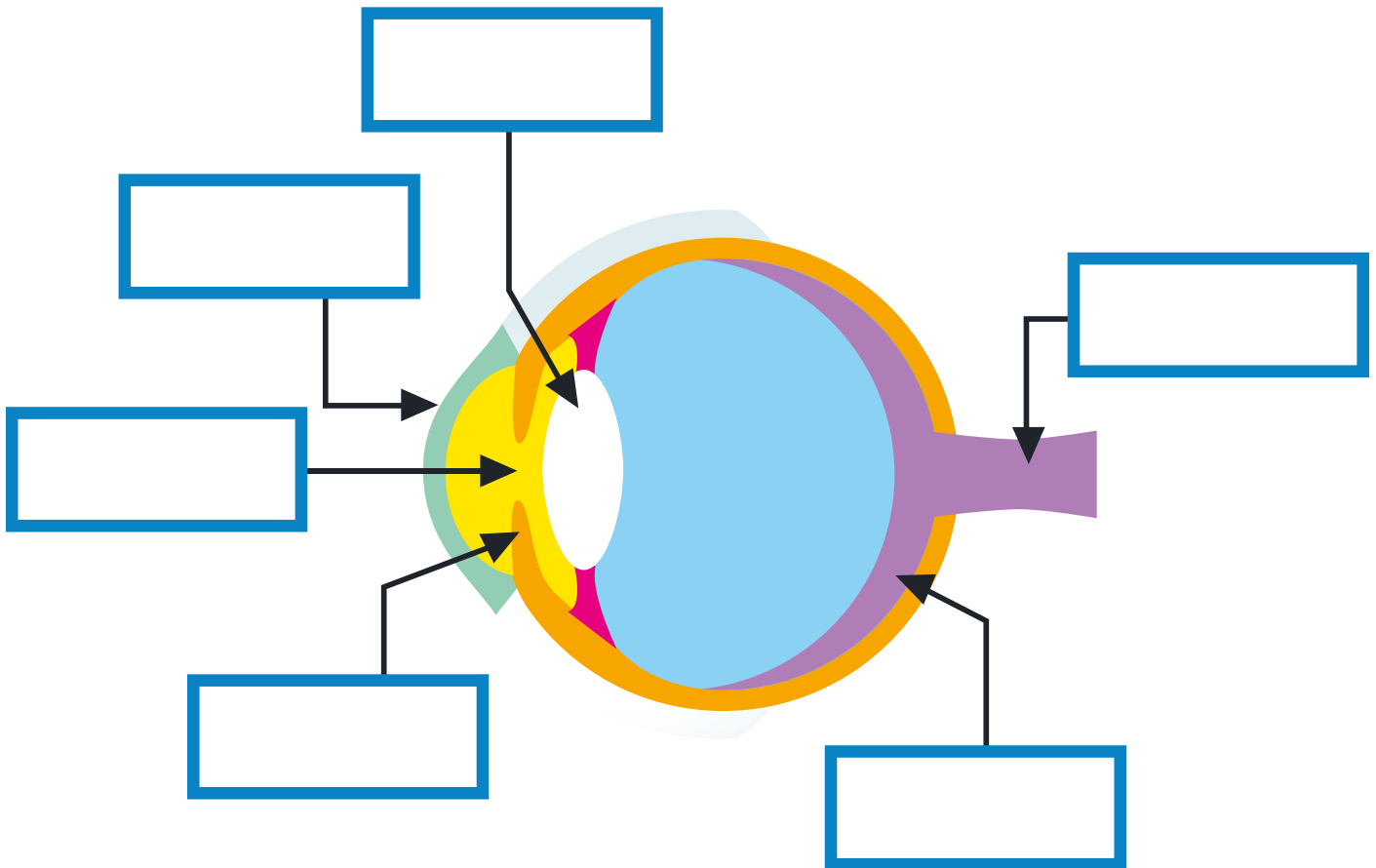
Cymru

Eye See

Dysgu byw'n iach ac
edrych ar ôl eich llygaid.



Taflen Adnoddau: Y tu fewn i'r llygad



Cornbilen

Cannwyll
llygad

Iris

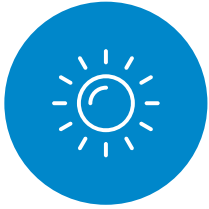
Nerf optig

Retina

Lens



Taflen Adnoddau: **Cardiau Byw'n Iach**



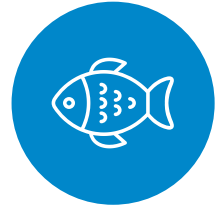
Yr Haul



Moron



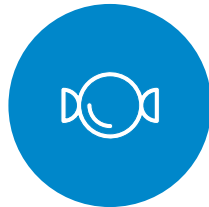
**Llysiau gwyrdd,
deiliog**



Pysgod



Awyr Iach



Melysion/ siwgr



Dŵr



Sbectol



Tân Gwyllt



Alcohol



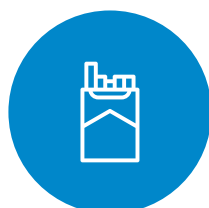
Ffrwythau Sitrws



**Teledu a chyfrifiadur
llechen**



Cwsg



Smygu



Ymarfer



Bwyd brys



Taflen Adnoddau: **Siart Snellen**

Enghraifft o'r math o siart (Snellen), y gallech fod wedi ei ddefnyddio wrth ymweld â'r Optegydd.

A

G H

K L D N

Y R O W Q X

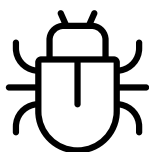
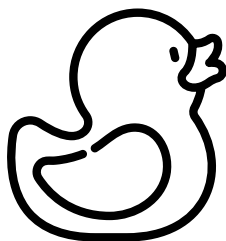
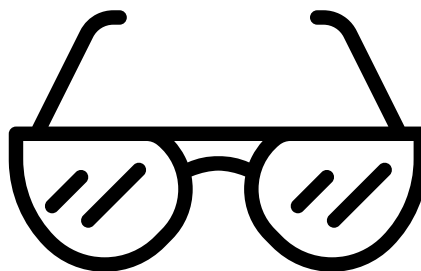
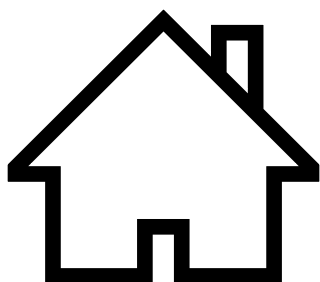
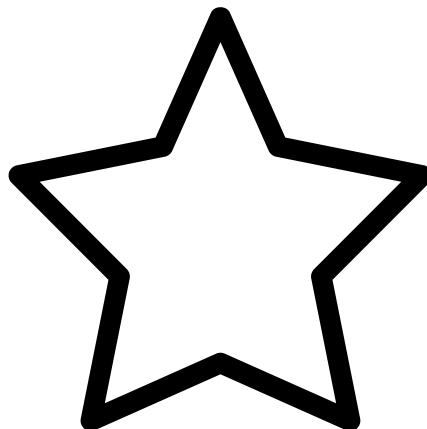
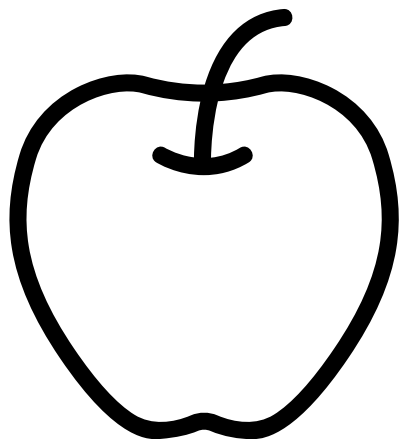
P A E L H K V M

D Z C T N S J X U M Q



Taflen Adnoddau: **Siart Lluniau**

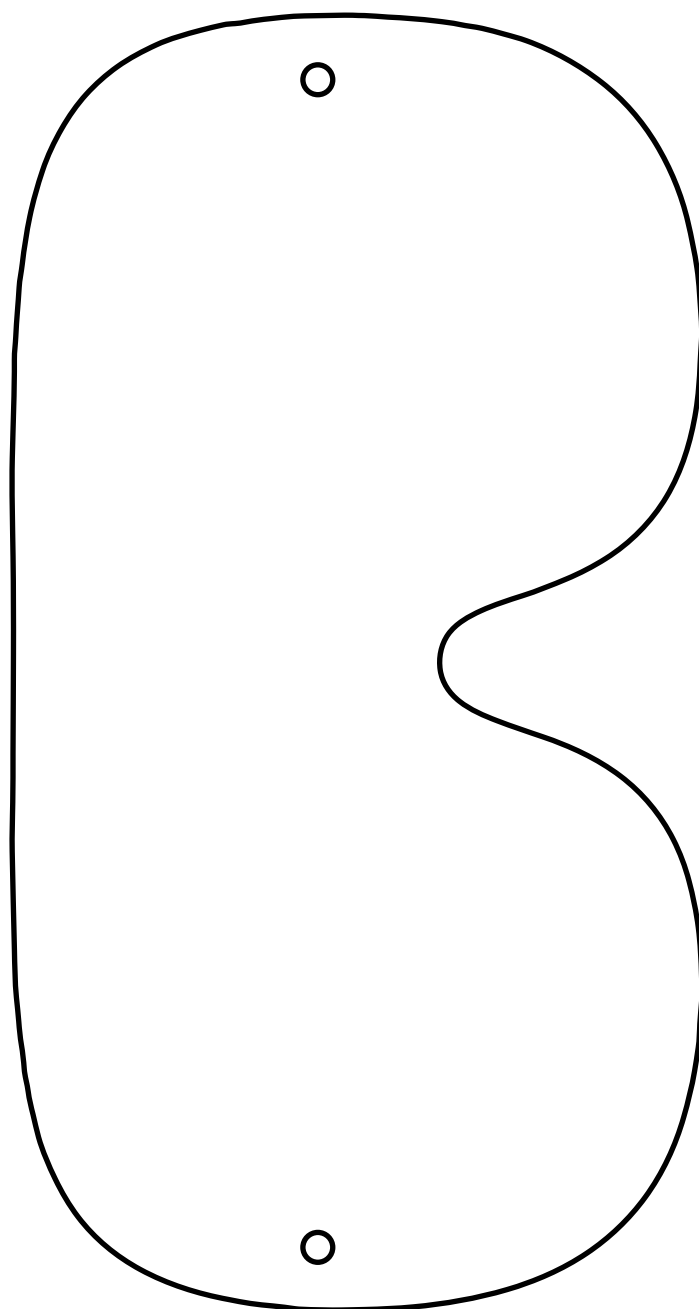
Enghraifft o'r math o siart llun y gallech fod wedi ei ddefnyddio wrth ymweld â'r Optegydd.





Taflen Adnoddau: **Templed Mwgwd Llygad**

Gallwch wneud eich mwgwd o gerdyn, papur neu ddefnydd gan ddefnyddio'r templed hwn. Clymwch gortyn neu lastig lle y dynodir y tyllau.





Taflen Adnoddau: **Gweithgaredd Iliwio**

Lliwiwch a chysylltu'r eicon â'r pwnc cyfatebol

