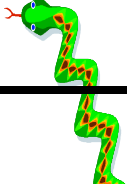
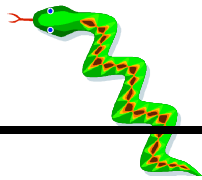
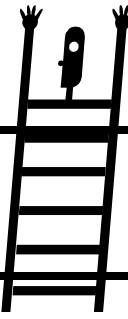
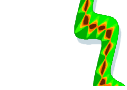

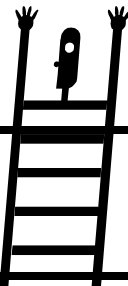
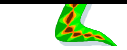


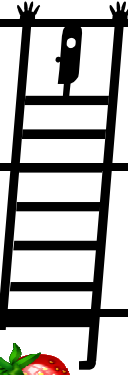

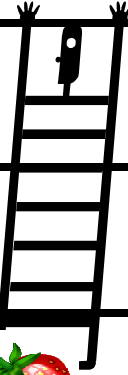

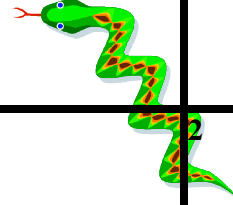
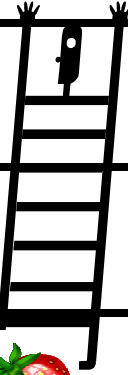
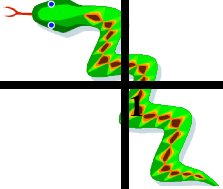


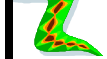





Chwarae Dysgu
a Thyfu'n Iach
Play Learn and
Grow Healthy
www.plah.org

Fruit and Vegetable Snakes and Ladders

30	29	28 	27	26
21 	22 	23  	24	25 
20  	19 	18 	17	16
11	12 	13 	14	15 
10 	9	8 	7	6 
1 Start		3 	4	 

Rules

1. Throw the dice and move your counter along the track
2. If you land on a ladder, look at the food and tell your partner how many of this type of food you should eat in a day.
3. Winner reaches number 30 first.

Registered Office: Clybiau Plant Cymru Kids' Clubs, Bridge House, Station Road, Llanishen, Cardiff CF14 5UW
 Swyddfa Gorestredig: Clybiau Plant Cymru Kids' Clubs, Tŷ'r Bont, Ffordd Yr Orsaf, Llanisien, Caerdydd, CF14 5UW
 Company limited by guarantee / Cwmni cyfyngedig drwy warant 4296436. Registered charity / Elusen Gofrestredig 1093260.



Nadroedd ac Ysgolion Ffrwyth a Llysiau

30	29	28	27	26
21	22	23	24	25
20	19	18	17	16
11	12	13	14	15
10	9	8	7	6
1	3	4		
Start				

Rheolau

1. Taflwch eich dis a symudwch eich cownter ar hyd y trac.
2. Os glaniwch ar ysgol, sylwch ar y bwyd, a dwedwch wrth eich partner faint o'r math yma o fwyd y dylai fwyta bob diwrnod.
3. Y cyntaf i gyrraedd rhif 30 yw'r enillydd.

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