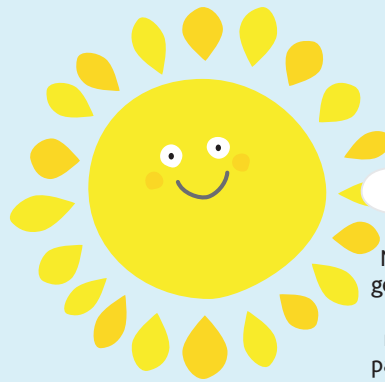


O ble mae cig yn dod? Where does meat come from?

Mae digon o law yng Nghymru i'r gwartheg a defaid ei yfed ac i gadw'r gwair yn wyrdd.

There is plenty of natural rain water in Wales, enough for the cows and sheep to drink and to keep the grass nice and green.



Mae'r gwartheg a'r ŵyn wedi'u geni ac yn byw ar diroedd hyfryd tra'n mwynhau bwyd mwyaf naturiol a phuraf Cymru. Dyna pam mae Cig Eidion Cymru a Cig Oen Cymru wedi cael tystysgrif arbennig o'r enw PGI.

The cows and lambs are born and live in a beautiful landscape while eating the purest of natural ingredients from Wales. That's why Welsh Beef and Welsh Lamb is given a special certificate called PGI.



Mae gofalu am wartheg, defaid ac ŵyn yn waith caled. Mae ffermwyr allan bob dydd ac ym mhob tywydd yn cadw golwg arnynt. Caiff y traddodiadau gwaith hyn yn aml eu pasio gan rieni i'w plant.

Looking after cows, sheep and lambs is hard work. Farmers are out every day and in all weather keeping an eye on them. These working traditions are often passed down from parents to children.



Mae yna lawer o lefydd agored yng Nghymru. Mae'r anifeiliaid yn hoffi bwyta glaswellt a grug sy'n rhoi blas gwych i'r cig.

There's lots of wide open spaces in Wales. The animals like to eat crunchy grass and heathers that give meat the best flavour.

