



# Carbohydrates

## Welsh Sentence List

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<input checked="" type="checkbox"/> English	Welsh
<input type="checkbox"/> Pack a fresh loaf of bread for your hike to make a quick sandwich on the go.	Paciwch dorth ffres o fara ar gyfer eich heicio i wneud brechdan gyflym wrth fynd.
<input type="checkbox"/> Insulin is secreted by the pancreas in response to carbohydrate being eaten.	Mae insulin yn cael ei gyfrinach gan y pancreas mewn ymateb i fwytu carbohydrad.
<input type="checkbox"/> She poured milk into a bowl of cereal, something Martha would have done for herself on a usual day.	Tywaltodd laeth i fowlen o rawnfwyd, rhywbeth y byddai Martha wedi'i wneud drosti'i hun ar ddiwrnod arferol.
<input type="checkbox"/> I could happily forgo the chocolate, but I did like crisps and savoury snacks.	Roeddwn i'n gallu anghofio'r siocled yn hapus, ond roeddwn i'n hoffi creision a byrbrydau sawrus.
<input type="checkbox"/> Cook the pasta according to packet's instructions, adding the broccoli for the last 3 minutes of cooking.	Coginiwch y pasta yn ôl cyfarwyddiadau'r paced, gan ychwanegu'r brocoli am y 3 munud olaf o goginio.
<input type="checkbox"/> While the vegetables are cooking, place the pasta in a large pan of boiling salted water and cook until tender.	Tra bod y llyisiau'n coginio rhwch y pasta mewn sosban fawr o ddŵr hallt berwedig a'i goginio nes ei fod yn dyner.
<input type="checkbox"/> Some popcorn and a movie sounded like a good way to relax.	Roedd rhai popcorn a ffilm yn swnio fel ffordd dda o ymlacio.
<input type="checkbox"/> Rice is cultivated in low-lying, moist lands, when spring and summer temperatures are high.	Mae reis yn cael ei drin mewn tiroedd isel, llaith, pan fydd tymheredd y gwanwyn a'r haf yn uchel.

	<b>English</b>	<b>Welsh</b>
<input checked="" type="checkbox"/>	The sandwich was accompanied by a Caesar salad with lemon croutons on the side.	Roedd salad Cesar gyda'r frechdan gyda chroutons lemwn ar yr ochr.
<input type="checkbox"/>	He took a bite of the toast and she was certain he was waiting for a response.	Cymerodd frathiad o'r tost ac roedd hi'n sicr ei fod yn aros am ymateb.