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**ARHOLIAD AELODAETH TESTUN – SYLFAENOL**

**1 Hydref 2022**

**PAPUR 1**

**Cyfieithu o’r Saesneg i’r Gymraeg**

**Hyd yr arholiad: 2 awr a 5 munud\***

***Ydych chi wedi cael y papur cywir?***

**\* Cewch 5 munud ar ddechrau’r arholiad i ddarllen y papur. Ni chewch ddechrau teipio’ch cyfieithiad yn ystod y cyfnod hwn.**

**Ffynonellau’r darnau:**

Darn 1 – addasiad o erthygl ar wefan Sue Ryder

Darn 2 – addasiad o erthygl ar wefan *The Big Issue*

**Rhaid dilyn unrhyw gyfarwyddiadau sydd ar y papur.**

**Mae 3 tudalen i’r papur hwn gan gynnwys y dudalen hon.**

**PAPUR 1 SYLFAENOL – CYFIEITHU O’R SAESNEG I’R GYMRAEG**

## Darn 1

When a public figure dies, the news can elicit a wide range of emotions. You may feel a deep sense of loss, or you may feel indifferent. If you’re coping with your own bereavement too, you might find that their death brings feelings of your own grief to the surface again.

When someone famous dies, you may find it hard to understand why people are upset. However, it is also normal to feel a sense of sadness around their death, particularly if they had been unwell for a long period of time, if they died suddenly or if they took their own life. Even if you did not know them personally, it is still possible to feel a connection with them and empathise with how their friends or family may be feeling. Perhaps you really admired them, or you feel their death marks the end of an era. Perhaps they were a similar age to you, and their death brings your own mortality into question.

Often there is extensive media coverage when a well-known person dies, and this can sometimes act as a constant reminder of both their death and your own grief. If you find this difficult, try to switch off your social media channels or the news and focus on taking care of yourself.

You might also find it useful to write about your feelings or send a message to pass on your condolences, and this, in turn, may also bring comfort to the friends and family who are grieving.

**PAPUR 1 SYLFAENOL – CYFIEITHU O’R SAESNEG I’R GYMRAEG**

**Darn 2**

The UK’s food poverty rate is among the highest in Europe, with one in six people using a food bank in March this year. Despite being the sixth richest country in the world, millions are struggling to access the food they need.

People living in food poverty either don’t have enough money to buy sufficient nutritious food, struggle to get it because it is not easily accessible in their community, or both. It can be a long-term issue in someone’s life or can affect someone temporarily because of a sudden change in their personal circumstances.

For many children, a free school meal could be the only guaranteed hot food they eat in a day, and families can sometimes be pushed into crisis during the school holidays because they cannot afford to pay for the food their children would have received during term time. This can also lead to parents eating less or skipping meals to make sure there is enough for their children to eat. Some people find they can only afford unhealthy food, which is lacking in nutrition, highlighting health inequalities between wealthy and disadvantaged people in the UK.

The UK also has a problem with so-called “food deserts”, defined as an area populated by 5-15,000 people who have access to two or fewer big supermarkets. Many of these areas are dotted with smaller convenience stores – which are demonstrably more expensive and less likely to stock fresh, healthy supplies – therefore forcing people who can’t afford private transport to go without the healthy food they need.