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**ARHOLIAD AELODAETH TESTUN – SYLFAENOL**

**14 Hydref 2023**

**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 *The Guardian*

Darn 2 – addasiad o erthygl ar wefan *Good Housekeeping*

**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

A study has found that families are eating less healthily and turning to ready meals and processed foods due to the cost of living crisis. More than two-thirds of people said they considered themselves to be healthy eaters, but 28% said they were eating less nutritious food to save money.

The survey examined shopping, cooking and eating habits, and found that 60% of people have changed what they eat as costs have risen. This includes 16% who have cut back on organic produce and 12% who are eating less protein in an attempt to cope with higher food bills. Around 15% are also taking a packed lunch to work to cut costs.

Over a quarter of respondents said they had changed their supermarket because of the cost of living crisis, and the vast majority said that price was the most important factor when choosing where to shop.

Overall, 61% said the rising cost of living had affected their eating habits in some way. This included those who were more conscious of a need to eat healthily because they cannot afford to be ill, and those who are eating less healthily as a result of stress.

These statistics confirm that many people are finding it more difficult to eat healthily as they struggle with increased food prices and other high household bills, and food shops have an important role to play in supporting people through this crisis, by ensuring they stock a range of budget products that enable people to have a healthy diet.

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

**Darn 2**

Eating is a pleasurable activity for so many of us. Be it enjoying spending time cooking, delighting in our favourite dishes or using mealtimes as a way to catch up with family — so many aspects of eating make it a joyful experience.

However, certain life events, illnesses or circumstances can cause eating routines to change throughout our lifetimes, one of which is dementia. It’s predicted that over one million people in the UK will have a diagnosis of dementia by 2025, so it’s becoming a part of many people’s lives, whether we experience it ourselves, care for someone with dementia, or know someone who receives a diagnosis.

While supporting those with dementia through a change in eating and drinking habits may not be the first thing many of us consider after a diagnosis, mealtimes are important when looking after someone with dementia. A good diet is essential, but it’s also important to think about how eating can still be a gratifying experience, no matter what people are facing.

Experts generally agree that dementia can cause huge changes to the tastebuds. People experiencing dementia may find that food lacks flavour, so they may look for stronger tastes or find that certain foods they used to like now taste unpleasant.

With this regularly comes a craving for sweet foods and sugar, so although giving people a choice in what they eat is vital, it is important to ensure that people living with dementia still have a balanced diet.