



## Crynodeb o Adroddiad Bwyd Amaeth Gogledd Cymru: Ar Gyfer Timau Addysg Awdurdodau Lleol

Mae addysg yn allweddol i ddylanwadu ar arferion defnyddwyr o amgylch bwyd, sydd â goblygiadau eang i iechyd unigolion, cymunedau a'r gweithlu, a chynaliadwyedd y system fwyd. Gall timau addysg hefyd amlygu a hyrwyddo cyfleoedd hyfforddi a llwybrau gyrfa i'r sector amaeth, bwyd a diod. O'r herwydd, mae gan adrannau addysg o fewn awdurdodau lleol rôl hanfodol i'w chwarae wrth gryfhau systemau bwyd lleol a rhanbarthol yng Ngogledd Cymru trwy eu pŵer prynu, drwy gynyddu llythrennedd bwyd mewn ysgolion a chymunedau, meithrin dealltwriaeth o ddibyniaeth ein system fwyd ar fioamrywiaeth, pridd a dŵr, a sicrhau bod myfyrwyr yn ymgysylltu â'r ymchwil a'r dulliau gweithredu diweddaraf.

### Galluogwyr

#### Cwricwlwm Ysgol

- Sicrhau bod bwyd a ffermio yn thema reolaidd wrth gyflwyno'r Cwricwlwm i Gymru ar gyfer pob oedran
- Integreiddio gweithgareddau ymarferol rheolaidd i ddysgu sut i dyfu a choginio bwyd yn y cwricwlwm a'r gweithrediadau.
- Cynnig ymweliadau ysgol rheolaidd â ffermydd lleol a gerddi marchnad fel cyfle i ddisgyblion ddysgu am fwyd lleol a phrofi manteision meddyliol a chorfforol tyfu bwyd.

#### Gweithrediadau ysgol/coleg

- Gweithio tuag at gael gwared ar yr holl fwydydd sydd wedi'u prosesu gan uwch-brosesu o ysgolion a cholegau yng Ngogledd Cymru.
- Cynnwys meini prawf cynaliadwyedd fel milltiroedd bwyd mewn meini prawf caffael ar gyfer bwyd mewn ysgolion
- Sicrhau bod gan ysgolion system gwastraff bwyd effeithiol a chadarn

#### Gyrfaoedd

- Cynnal sesiynau mewn ysgolion uwchradd a cholegau chweched dosbarth ar lwybrau gyrfa i amaethyddiaeth, garddwriaeth a busnesau sy'n gysylltiedig â bwyd
- Meithrin cyfleoedd profiad gwaith yn y sectorau hyn, gan gynnwys ymweliadau safle.
- Ehangu'r rhaglen 'hyfforddi'r hyfforddwr' presennol fel ffordd o gryfhau addysg o amgylch sgiliau coginio.

### Enghreifftiau

[Rhaglen Cogyddion mewn Ysgolion](#) yn gwella safonau bwyd ysgol ac addysg bwyd.

[Prosiect Datblygu Systemau Bwyd Sir Gaerfyrddin](#) yn ymgysylltu ag ysgolion drwy arddangosiadau cynyddol a datblygu llwybrau hyfforddi achrededig ar gyfer y rhai yn y sector.

[Maint Cymru Ysgolion di-ddatgoedwigo](#) yn helpu ysgolion a disgyblion i atal datgoedwigo a achosir gan gynhyrchion risg coedwigoedd, fel cig eidion wedi'i fewnforio, soi ac olew palmwydd.

[TechTyfu in Anglesey Schools](#)

### Cyllid

Bwyd am Oes [www.foodforlife.org.uk/campaigns](http://www.foodforlife.org.uk/campaigns)

Lleoedd Lleol ar gyfer Natur  
<https://keepwalestidy.cymru/cy/ein-gwaith/cadwraeth/natur/pecynnau-dechreuol/>

[Beth yw Cymorth Arloesi Hyblyg SMART? | Innovation \(gov.wales\)](#) | Mae angen arloesi mewn partneriaeth â phrifysgol, coleg a/neu fusnes

### Ystyriaethau cysylltu system fwyd

- Sicrhau cysylltiadau agos â thimau caffael fel bod bwydlenni ysgol yn cyflawni canlyniadau economaidd, iechyd a chynaliadwyedd
- Ymgysylltu ag iechyd i ddileu bwydydd wedi'u prosesu mewn ac o gwmpas ysgolion.



## North Wales Agri food Report Summary: For Local Authority Education Teams

Education is key to influencing consumer habits around food, which has wide-ranging implications for the health of individuals, communities and the workforce, and the sustainability of the food system. Education teams can also highlight and promote training opportunities and career pathways into the agriculture, food and drink sector. As such, education departments within local authorities have a critical role to play in strengthening local and regional food systems in North Wales through their purchasing power, by increasing food literacy within schools and communities, building understanding of the dependency of our food system on biodiversity, soil and water, and ensuring students engage with up-to-date research and approaches.

### Enablers

School Curriculum:

- Ensure food and farming is a regular theme in delivering the Curriculum for Wales for all ages
- Integrate regular practical food growing and cooking activities into the curriculum and operations.
- Offer regular school visits to local farms and market gardens as an opportunity for pupils to learn about local food and experience the mental and physical benefits of food growing.

School/college operations

- Work towards removing all ultra-processed foods from schools and colleges in North Wales.
- Include sustainability criteria such as food miles in procurement criteria for food into schools
- Ensure schools have an effective and robust food waste system

Careers

- Hold sessions in secondary schools and sixth form colleges on career pathways into agriculture, horticulture and food-related businesses
- Foster work experience opportunities in these sectors, including site visits.
- Expand the current 'train the trainer' programme as a means of strengthening education around cooking skills.

### Examples

[Chefs in Schools Programme](#) improving the standards of school food and food education.

[Food Systems Development Project Carmarthenshire](#) engages with schools through growing demonstrations and develop accredited training pathways for those in the sector.

[Size of Wales Deforestation-free Schools](#) helping schools and pupils stop deforestation caused by forest-risk products, such as imported beef, soy and palm oil.

[TechTyfu in Anglesey Schools](#)

### Funding

Food For Life [www.foodforlife.org.uk/campaigns](http://www.foodforlife.org.uk/campaigns)

Local Places for Nature  
[www.keepwalestidy.cymru/our-work/conservation/nature/starter-packages](http://www.keepwalestidy.cymru/our-work/conservation/nature/starter-packages)

[SMART FIS? | Innovation](#) needs partnership with university, college and/or business

### Food system linkage considerations

- Ensure close ties with procurement teams so school menus deliver economic, health and sustainability outcomes
- Engage with health to eliminate ultra-processed foods in and around schools