**Eisteddfod Genedlaethol yr Urdd Sir Ddinbych, 2020**

**341. Cyfieithu 19-25 oed**

**Cyfieithwch y darn isod i’r Gymraeg**

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It might be hard at first glance to see what things like toothbrushes, tyres, cigarettes, and shoes have in common.

But look closer and you’ll find that, like so many objects in our daily lives, they’re often made to a greater or lesser extent of the miracle stuff: plastic.

That stuff is now a planetary problem. Sometimes, because the plastic is mixed with other materials – including other plastics, such as in shoes – it’s difficult or impossible to recycle. In many places, recycling, incineration, or disposal in a landfill isn’t an option, not to mention all the litter that ends up in rivers and oceans. And so, more often than not, after a short useful life, plastic objects embark on what’s likely to be a centuries-long afterlife as trash.

They’re thrown into rivers and wash into the sea. They break down into tiny bits called microplastics. Marine creatures big and small eat those particles. Pieces get mixed in with sea salt and we wind up eating them, with uncertain effects. We breathe in even smaller particles, called nanoplastics: scientists recently discovered them on remote mountaintops and even in the Arctic, where they are carried by winds and mixed with rain and snow.

The miracle has now become the stuff of nightmares.

Increasingly the challenge is to have the former without the latter. “Reduce, reuse, and recycle” has been the environmentalists’ answer for half a century. Businesses that sell plastic products or packaging, however, have little incentive to encourage reducing or reusing, and recycling – once thought a panacea – can be complicated and expensive. But with plastic pollution now a global problem, the stakes are raised, and so is public awareness.

(Rhan o erthygl yn ‘National Geographic’)