



Wales  
Cymru

# Wales Activity Pack

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# Welsh National Anthem

## Hen Wlad Fy Nhadau

Hen Wlad Fy Nhadau (translated in English as 'Land of my Fathers') is Wales' National Anthem. It was written in 1856 by Evan James and his son, James James, from Pontypridd in Glamorgan. It is traditionally sang before national sporting events.

### Hen wlad fy nhadau Land of my Fathers

Evan James

JAMES JAMES



Mae hen wlad fy nha-dau yn ann-wyl i mi, Gwlad beirdd a chan- to-rion, en-  
wo-gion o fri; Ei gwrol ry-fel-wyr, gwlad-gar-wyr tra mât, Tros ryd-did gol-  
la-sant eu gwaed. Gwlad, Gwlad, plei-diol wyf i'm gwlad. Tra  
môr yn fur i'r bur hoff bau, O byd-ded i'r hen iaith bar-hau.

## Lyrics

Mae hen wlad fy nhadau yn annwyl i mi,  
Gwlad beirdd a chantorion, enwogion o fri;  
Ei gwrol ryfelwyr, gwladgarwyr tra mât,  
Tros ryddid gollasant eu gwaed.

Gwlad, Gwlad, pleidiol wyf i'm gwlad.  
Tra môr yn fur i'r bur hoff bau,  
O bydded i'r hen iaith barhau.

## Phonetically

My hen oo-lad vurr n'had-die un ann-wil ee mee  
goo-lard bay-rdd\* a ch\*\*ann-tor-eon  
enn wog eon o vree  
ane goo-rol ruvv-el-weir  
goo-lard gar-weir tra mard  
dross rudd\*-id cor-ll\*\*\*ar-sant ay goo-eyed.  
Goo-lard, goo-lard  
played-eeyol weave eem goo-lard  
tra more un beer, ear beer horff bye  
O budd\*-ed eer hen ee-eye-th bar hi.

\*There are two “th” sounds in Welsh.”Th” in Welsh is pronounced as in “think” or “fourth”.

“Dd” is pronounced as in “this” or “that”.

\*\* “ch” is pronounced as in “loch” or “Bach”

\*\*\* “ll” is a cross between an “l” and an “s”

(From [www.bbcwales.co.uk](http://www.bbcwales.co.uk))

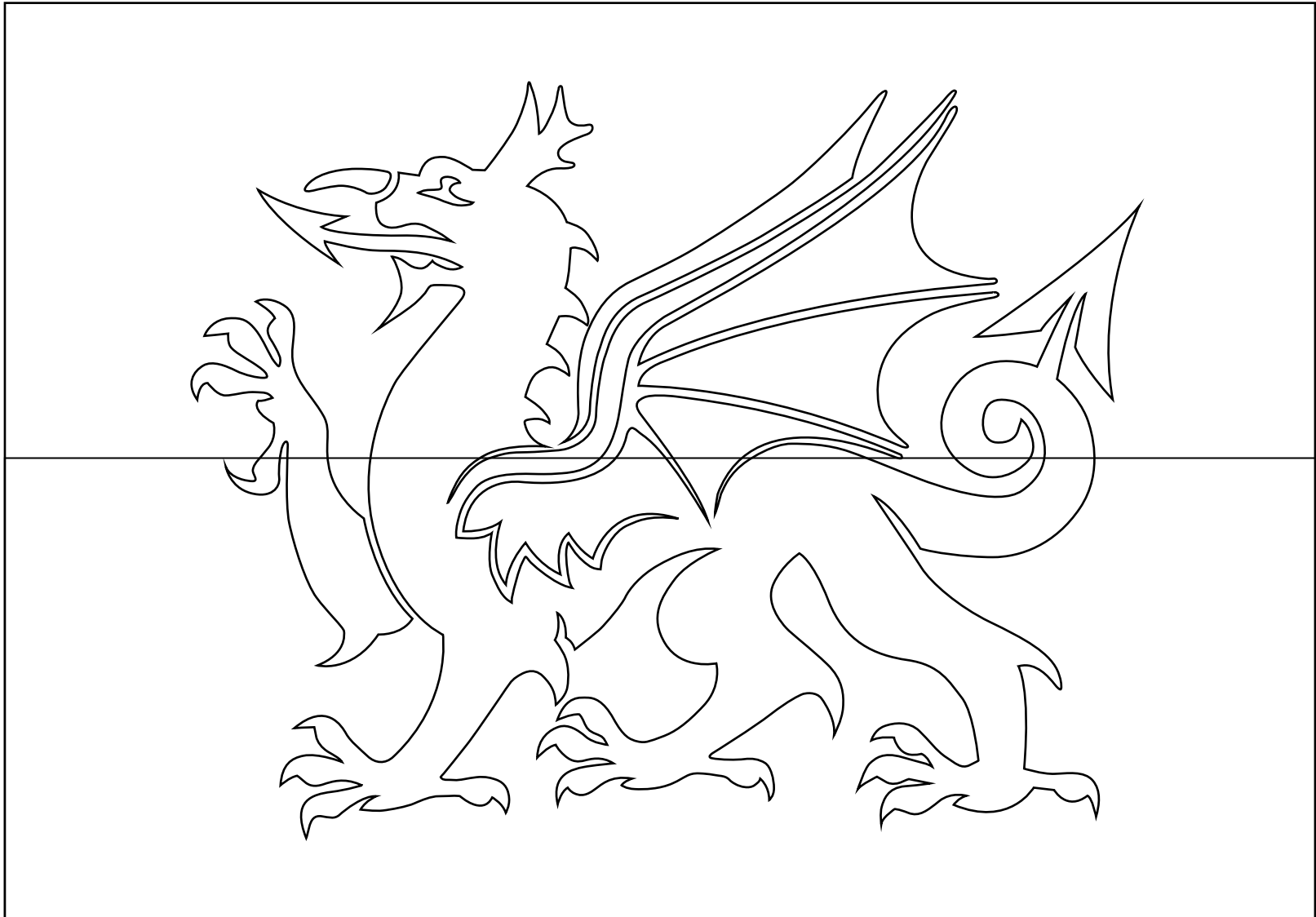
You can listen to the Welsh National Anthem on the  
Welsh Language Board website at:

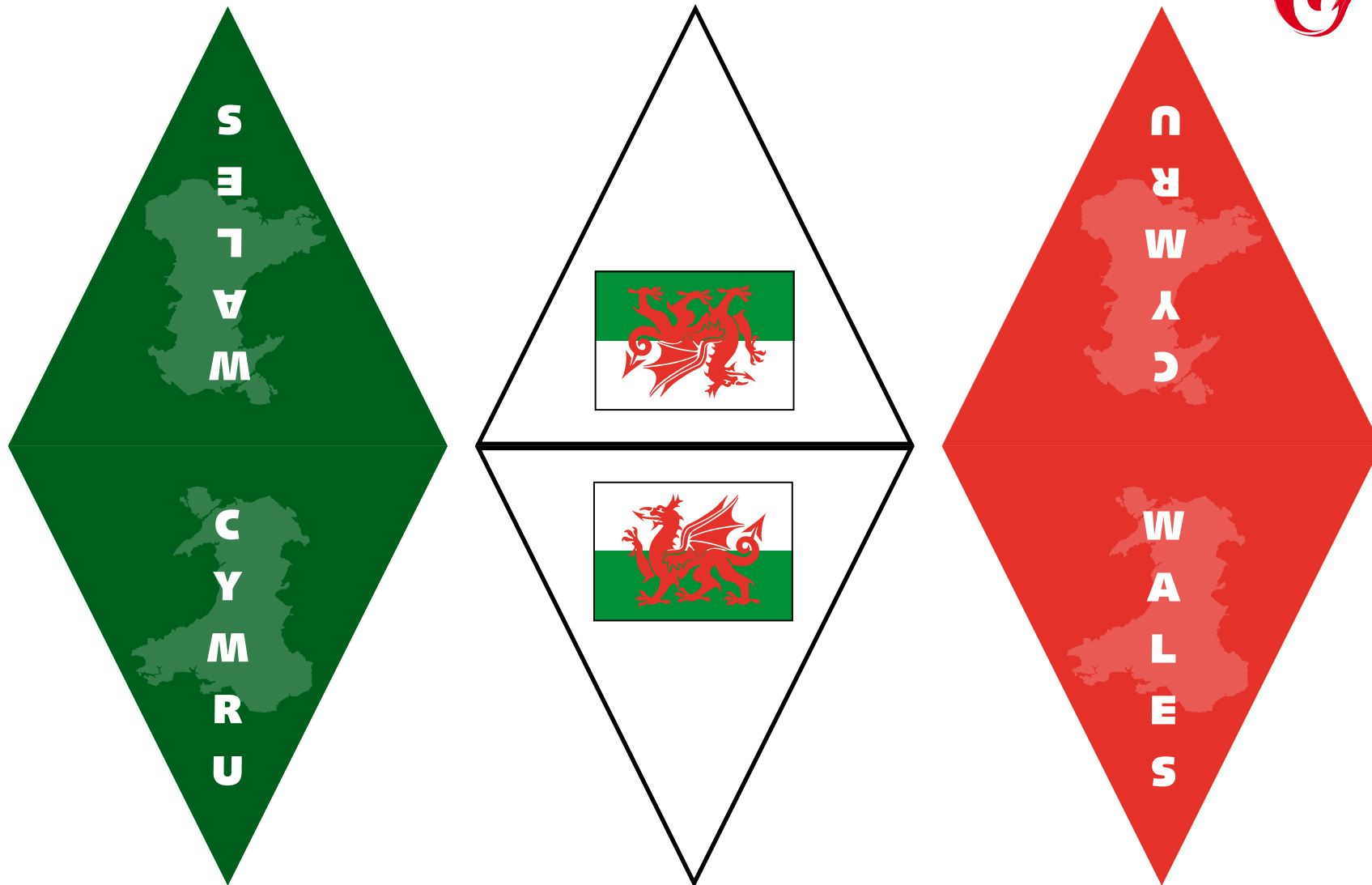
<http://www.bwrdd-yr-iaith.org.uk/cynnwys.php?pID=109&nID=2203&langID=2>



# Wales Flag

Print out and colour in.





## Wales Bunting

Decorate your Welsh event by creating your own Welsh bunting. It's simple, cut out the bunting below, fold it over a piece a string and glue or staple to hold it in place.

Hang your bunting around your room, office or school.



# Make your own Welsh Dragon

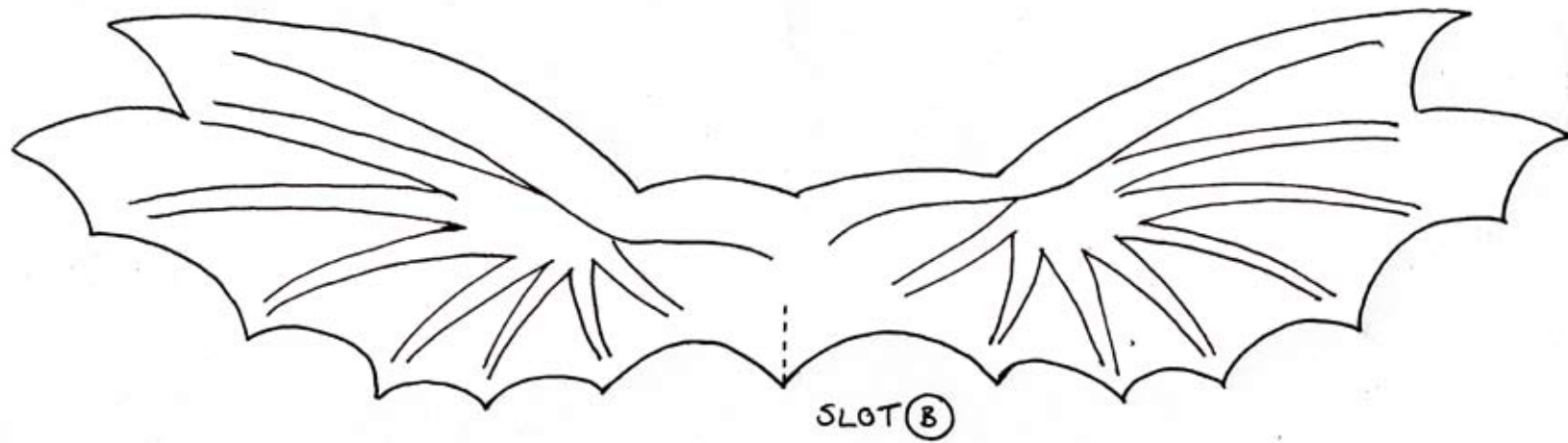
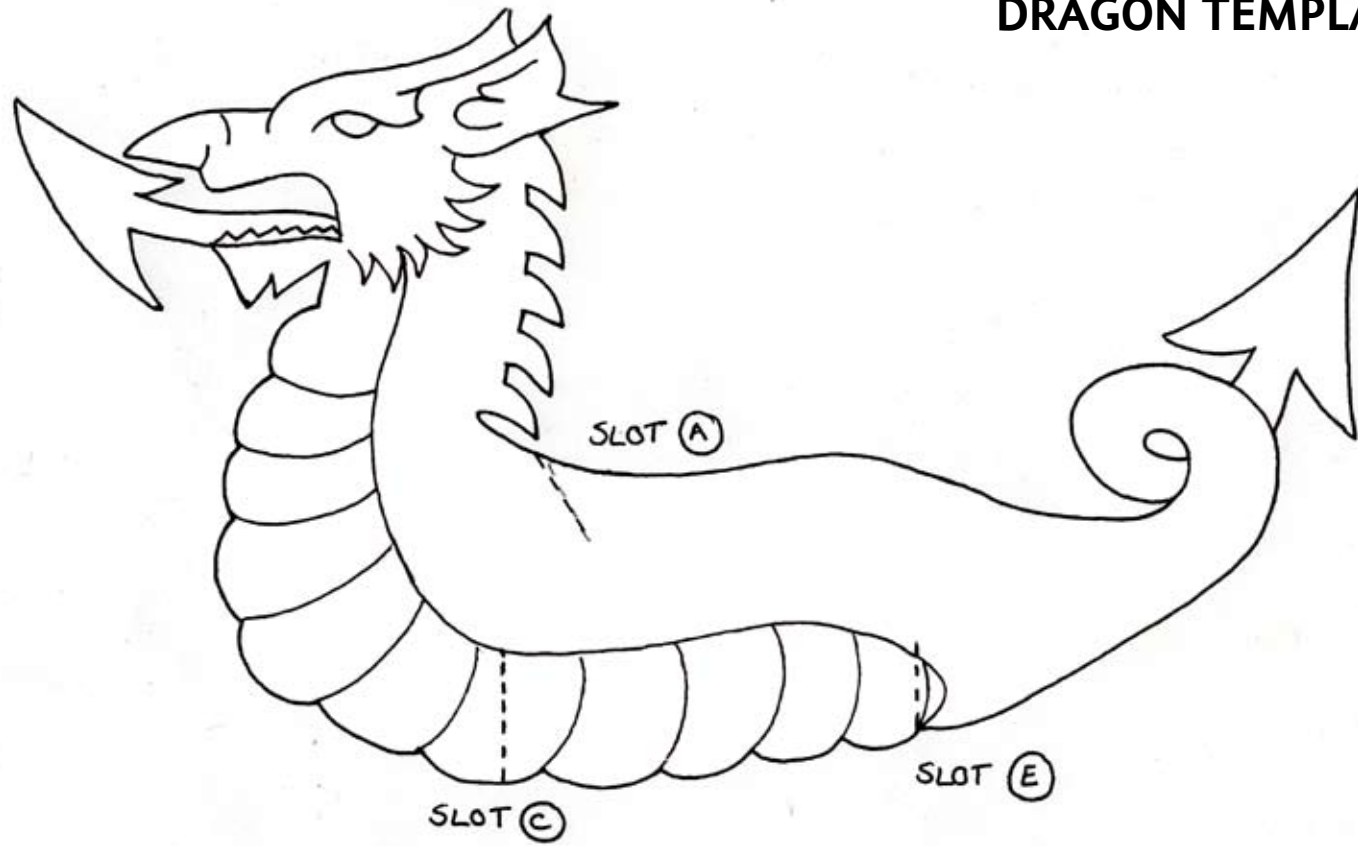
## *Instructions*

*Print out template onto strong red card.*

1. Cut out each shape carefully, noting the labelled slots.
2. Cut each of the dotted lines to slot the pieces together. Make sure not to make the slots too big (*they can always be made a little longer later on*).
3. Bend wings along centre and slide slot A & B together.
4. Insert one foot into slot G.
5. Repeat step 4 with the remaining feet into slots H, I, & J.
6. Slide slots C & D and E & F together and fix with a little tape if necessary.

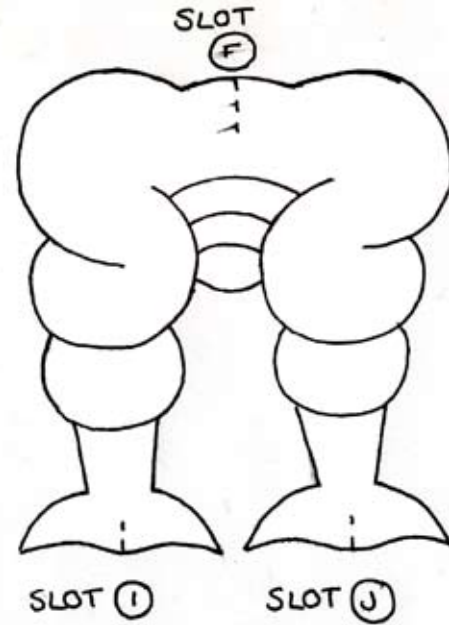
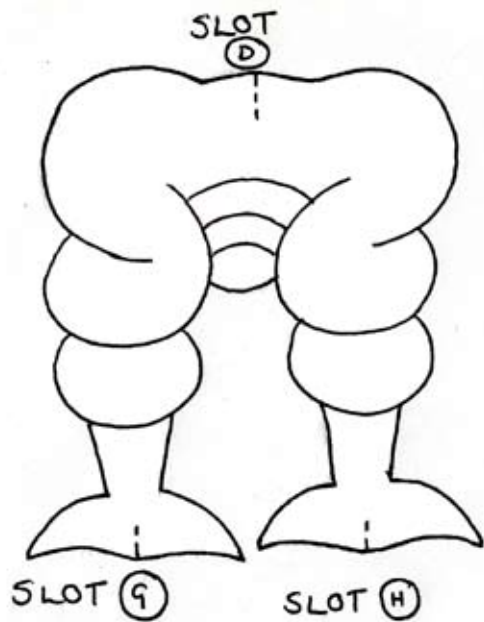
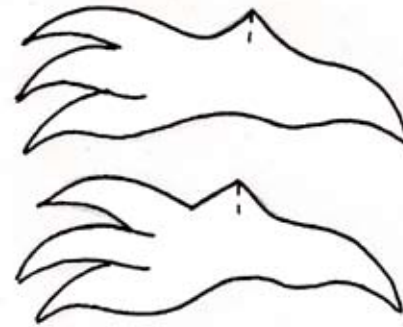
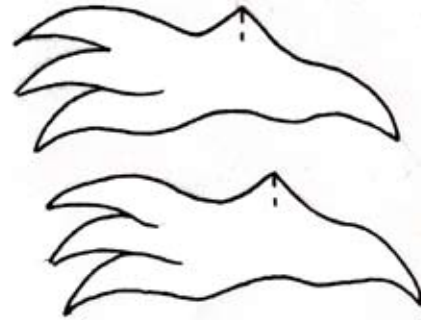
***To secure all the pieces together, use some clear tape along each of the slots to make your Dragon stronger!!!***

# DRAGON TEMPLATE 1





# DRAGON TEMPLATE 2





## Make your own Daffodil

### *Instructions*

*Print out stem and leaf templates onto strong green card.*

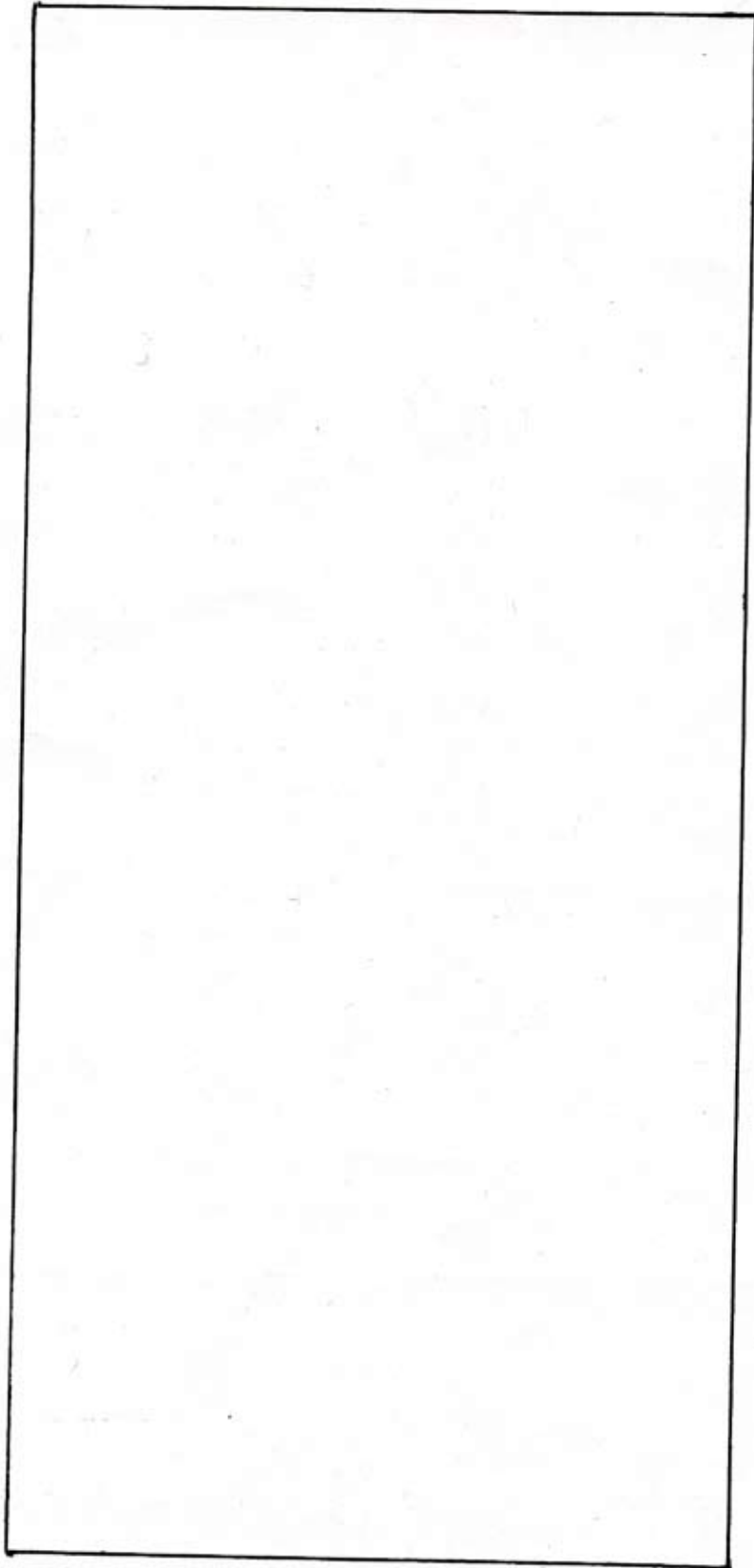
*Print out petals on strong yellow card.*

*Print out flower trumpet on yellow paper*

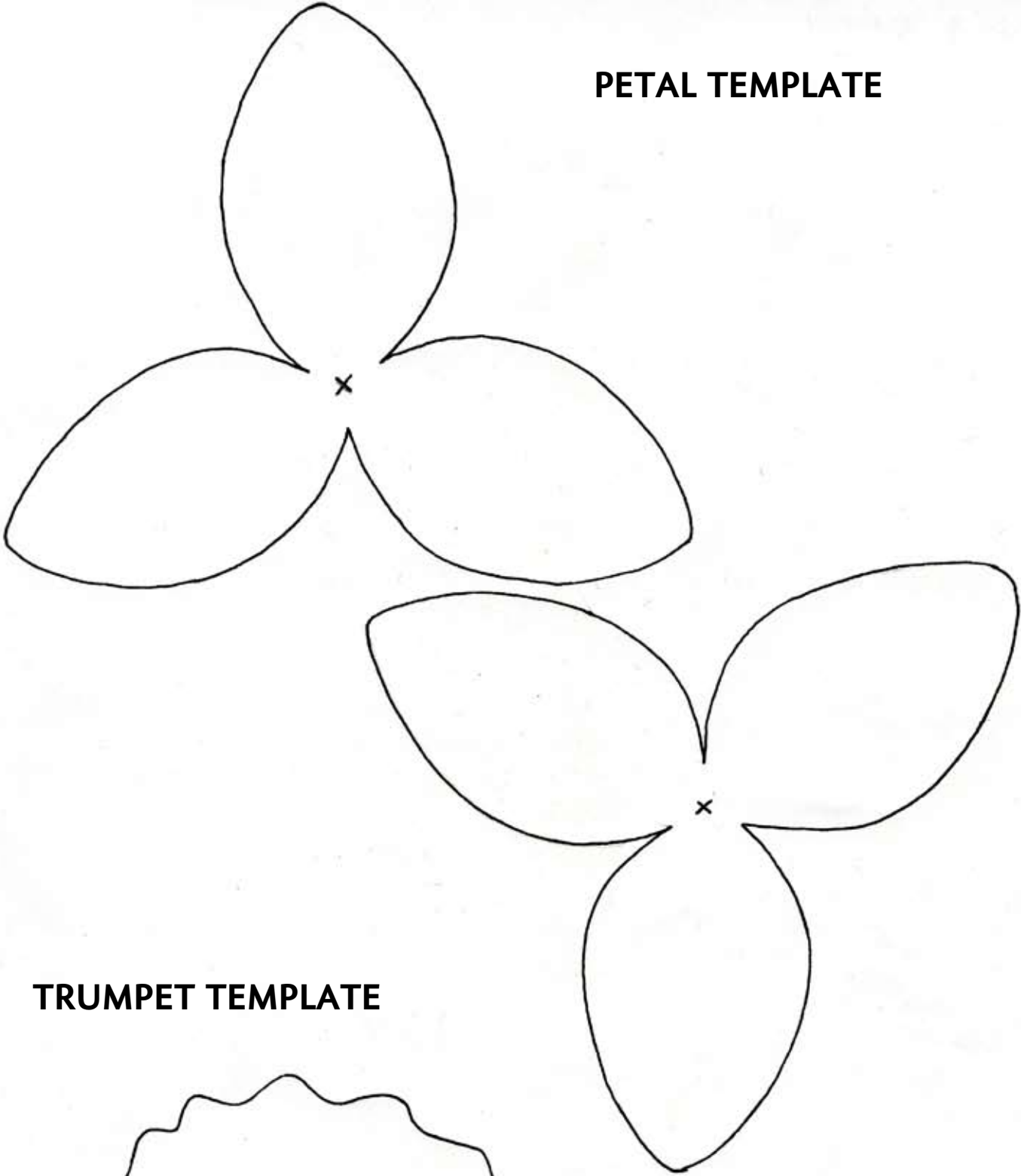
*(you will also need a large thin paperclip).*

- Cut out rectangular stem and twist into a narrow cone shape of roughly 1 cm thick at the top and no more than 3cm thick at the base. Secure it with clear tape along edge.
- Cut out leaf templates and snip along the dotted lines making sure not to cut too much.
- Push slots A & B together to form a cross shape '+', make sure both edges are flat to table surface.
- Carefully mark on the base of stem the points where the leaves will slot and make 4 cuts of approximately 4cm deep.
- Slot the leaves into the stem and adjust to stand straight, then secure with clear tape.
- Cut out each petal shape and placing one on top of the other, carefully pierce a hole in the middle of them (*the best way to do this is to use some blutack underneath and a thin pencil or pen*).
- Twist one set of petals so that you can see all 6 petals.
- Cut out the trumpet on yellow paper, and bend into a cone shape. Making line A & B meet to form a straight edge, and fix with some clear tape.
- Crease the tab of the trumpet along the centre and thread through the holes in the petals securing at the back with clear tape.
- Make one bend in the paperclip to form an 'L' shape and thread one half through the paper trumpet & petals and the other half down into the stem. Secure the trumpet with tape if required.

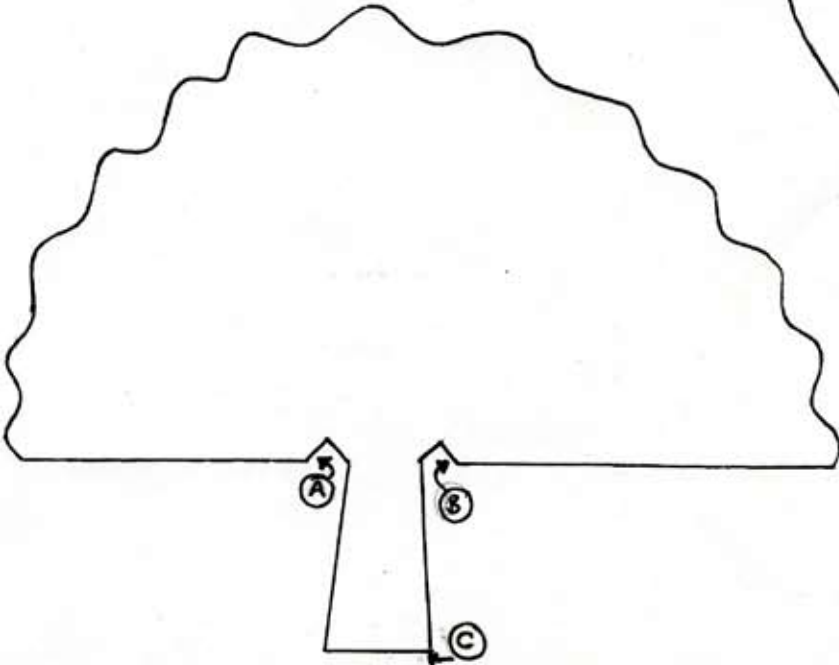
# STEM TEMPLATE



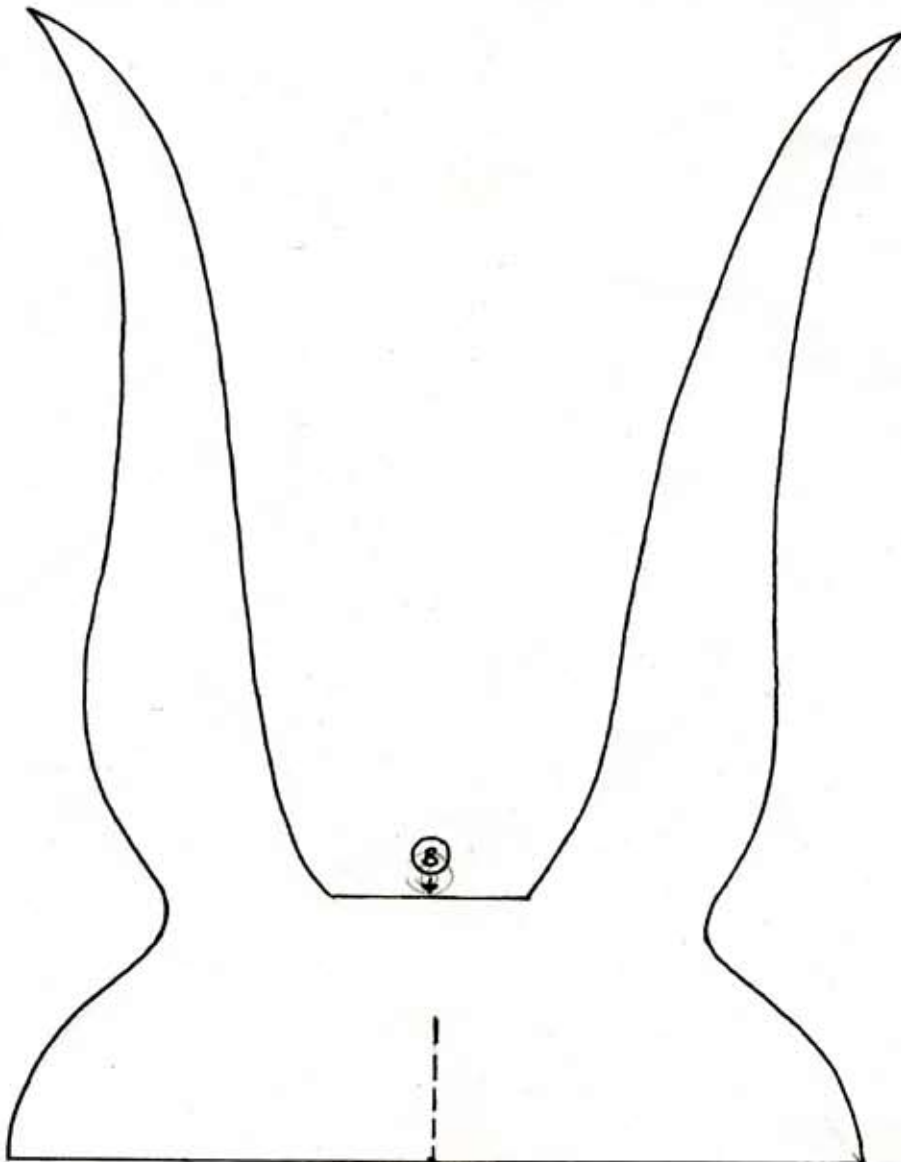
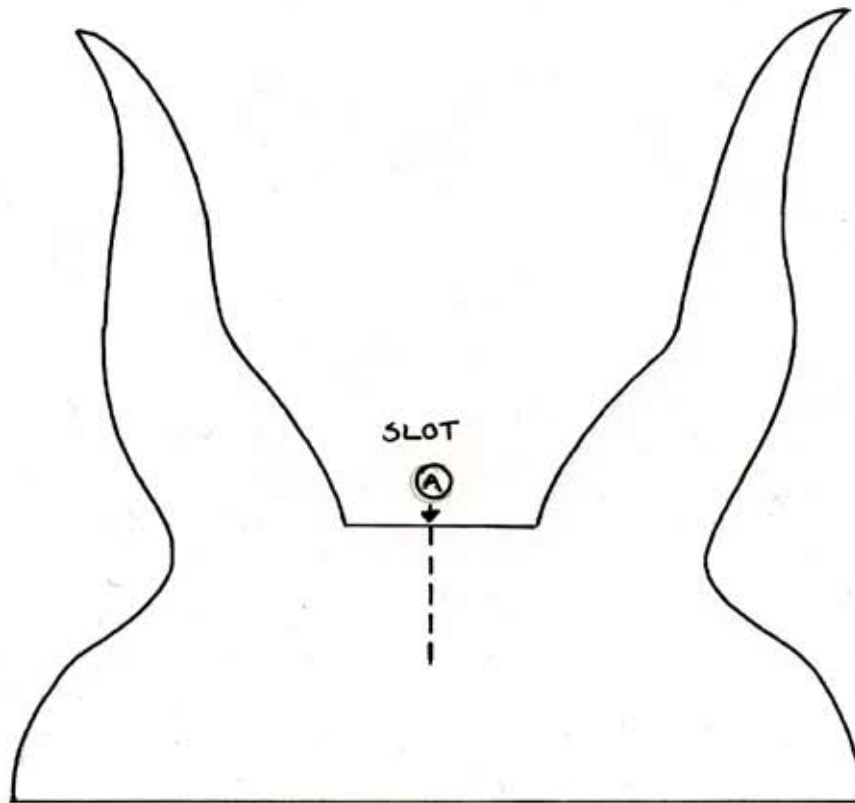
**PETAL TEMPLATE**



**TRUMPET TEMPLATE**



# LEAF TEMPLATE



# *Bara Brith*

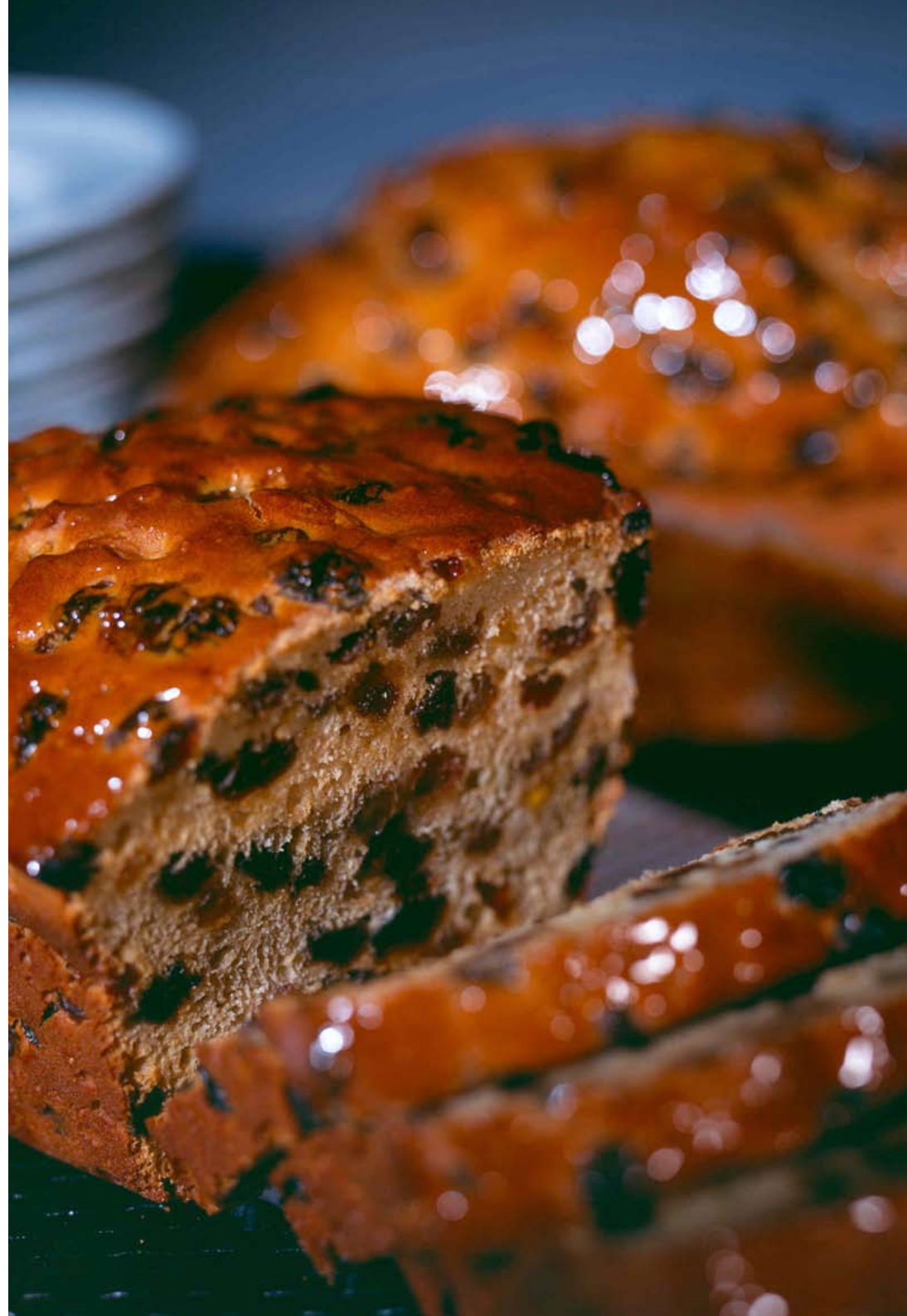
## Ingredients

450G/1lb self raising flour  
1tsp mixed spice  
175g/6oz Muscavado sugar  
1 medium size free-range egg  
1tbsp orange zest  
2tbsp orange juice  
1tbsp honey  
300ml/½pt cold tea  
450g/1lb mixed, dried fruit  
Extra honey for glazing

## Method

Put the mixed dried fruit into a mixing bowl, pour over the tea, cover and leave to soak overnight. The next day mix together the sugar, egg, orange juice, zest and honey, add to the fruit. Sift in the flour and spice, and mix well. Pour the mixture into a buttered loaf tin, 1.2L/2pt. Bake in a preheated oven at gas3/160c/325f for about 1¾ hours. The loaf should be golden in colour and firm to the touch in the middle. Baste with honey whilst still warm. Allow to cool thoroughly before storing in a cake tin.

The flavour of the Bara Brith can be altered slightly by adding a few flavours. When soaking the fruit, substitute ¼ of the fluid with a whisky liqueur. Replace the honey and fruit juice with 2 tablespoons of marmalade. Alternatively, replace two tablespoons of fruit with chopped stem ginger, and replace the juice and honey with lemon marmalade, and the orange zest with lemon.



# *Cawl*

This is a wonderfully wholesome dish. The contents used to be dictated by geographical location, i.e. if you were on the coast you might be making a seafood cawl, inland maybe a bacon cawl, and in the hills and mountains mainly lamb and mutton. These days a good balance of meat/fish and vegetables are used, with the meat usually being cooked on the bone to maximise the flavour.

## **Ingredients**

serve 6

6 x small Welsh lamb shanks

1.2L/2pts water

225g/8oz potatoes, peeled and diced

225g/8oz swede, peeled and diced

225g/8oz onion, peeled and chopped

225g/8oz carrots, peeled and diced

225g/8oz leek, cleaned and sliced thin

A bunch of herbs: Bay, thyme, rosemary and parsley

½ a small Savoy cabbage

2tbsp vegetable oil

Salt and pepper



# *Cawl*

## **Method**

Heat the vegetable oil in a large pan, season the lamb shanks add to the pan together with the onion and brown all over (you may have to do this in batches if your pan is not large enough. Pour over the water and add the bunch of herbs. Bring to the boil then reduce the heat to a simmer. Cover and cook for 40 minutes. Add all the vegetables except for the cabbage, bring up to the boil again, reduce to a simmer and cook for a further 40 minutes. Shred the cabbage and add to the cawl, cook for about 5 minutes, then serve.

Cawl can be made throughout the year, just adjust the vegetables according to the season. Chopped runner bean, broad beans and peas are wonderful during early Summer, add a little chopped mint at the end of cooking.

During cooking the stock will reduce somewhat, so top up with more water, or some wine. You may also wish to add pulses such as lentils, or beans, pearl barley is also good during the winter months.

Substitute lamb with a piece of gammon, just make sure you soak it before cooking. The broth will make an excellent soup, add peas and fresh mint. Serve the gammon with creamed potatoes, broad beans and parsley sauce.



# *Glamorgan Sausages*

This recipe traditionally uses Caerphilly cheese. You may wish to add some alternative ingredients to this recipe - for a Mediterranean touch mix together chopped red onion, chopped olives, small capers, and chopped sun-dried tomatoes (this mixture will replace the weight of the leek). Use basil in place of parsley and add some chopped herbs to the coating breadcrumbs. Fry in light olive oil.

## **Ingredients**

make 16 small sausages

225g/8oz fresh breadcrumbs

125g/5oz grated cheese

3 medium size free-range eggs

A little milk

Salt and white pepper

1/4 tsp dry mustard 175g/6oz leek shredded finely  
and sautéed in a little butter for 2 minutes

1 heaped tablespoon of fresh, chopped parsley

## **COATING**

100g/4oz fresh breadcrumbs

1 medium size free-range egg

4tbsp milk

Vegetable oil for frying



# *Glamorgan Sausages*

## **Method**

Place the breadcrumbs, cheese, seasoning, mustard, leek and parsley into a mixing bowl, mix well. Beat together the eggs, and add to the ingredients. Mix the ingredients to form a firm dough, you may need a little milk if the mixture is a little dry. Divide the mixture into 16, and form each portion into a sausage shape.

Coating the sausages is optional, however this does give a wonderful crispy texture to the sausages. Beat the egg and add the milk. Place the breadcrumbs on a plate and season lightly. Take each sausage and roll it in the egg mixture, drain a little, then roll in the breadcrumbs. Repeat until all the sausages are coated, chill for 30 minutes.

Heat a heavy base frying pan, add a little oil, add the sausages a few at a time and cook over a medium-low heat until golden all over. The sausages should fry gently, if the heat is too high they will brown too quickly and not be cooked through.

These sausages are delicious served with a tomato salad. Use ripe tomatoes, sliced together with a little red onion. Dress with olive oil, a little balsamic vinegar, freshly ground black pepper.

# Welsh Rarebit

There are many versions of this dish. Traditionally it is served on toast, sometimes with a poached egg on top. However many chefs have taken to using the rarebit mixture for more adventurous dishes such as a topping for fillet of Welsh beef, or for fillet of roasted cod. Of course it is ideal as a vegetarian dish and is exceptionally good poured over a dish of roasted vegetables, then baked in the oven until golden.

The following recipe is a basic rarebit mix, but the application is definitely a contemporary version of the toasted sandwich. You can add various flavourings to the rarebit base such as herbs, fresh chilli, garlic, cooked leeks, chopped ham, crispy bacon or chopped sun-dried tomatoes.

## Ingredients (serve 6)

For the rarebit -

25g/1oz butter

375g/12oz Mature Welsh Farmhouse cheese

100ml/4flocz ale or milk

1/2 tsp mild mustard

Salt and pepper

For the sandwich -

18 medium size circles of bread

6 large, ripe tomatoes sliced thin

Fresh flat leaf parsley or basil

Salt and pepper



# *Welsh Rarebit*

## **Method**

To make the rarebit:

Melt the butter in a pan, add the grated cheese and stir over a low heat until melted. Pour in the ale or milk, add the mustard and any other flavouring you wish. Season to taste. Bring the mixture up to near boiling point, then remove from the heat.

To prepare the sandwich:

Either toast or fry the bread (use a little light olive oil, and drain off any excess after cooking on some kitchen paper). Assemble a three tier sandwich with the sliced tomatoes, herbs and seasoning between the layers. Place on a baking sheet, pour over a good helping of rarebit mixture and brown either under a hot grill, or in a hot oven (preheated at the highest setting).

Serve immediately.

# Welsh Cakes

## Ingredients

225g/8oz plain flour

100g/4oz butter

75g/3oz caster sugar

50g/2oz currants

½tsp baking powder

¼tsp mixed spice

1 egg

A pinch salt

A little milk to bind

## Method

Sift the dry ingredients (flour, baking powder, mixed spice) together into a mixing bowl. Cut up the butter and rub into the flour. Stir in the sugar and fruit, pour in the egg and mix to form a dough, use a little milk if the mixture is a little dry. Roll the dough out on a lightly floured surface to about the thickness of a biscuit. Use a pastry cutter to cut out rounds. Cook the cakes on a greased bake stone or griddle until golden. The heat should not be too high, as the cakes will cook on the outside too quickly, and not in the middle. Once cooked sprinkle with caster sugar and serve with butter.

As an alternative you can try mixed dried fruit or tropical fruit. Some grated lemon or orange rind is also good. An unusual but delicious addition is 1 teaspoon of lavender flowers with some citrus zest. Add a little orange juice, zest and icing sugar to some soft butter to serve with the Welsh cakes.



# All about Wales – Quiz Questions

**Hold your own Welsh themed Quiz!**

**Here are some ideas for questions for you.....**

- 1 What is the Capital city of Wales?**
- 2 What is the highest Mountain in Wales?**
- 3 What do golf's Ryder Cup and NATO have in common?**
- 4 What is the most common surname in Wales?**
- 5 What is the Welsh delicacy 'Laverbread' made from?**
- 6 What is an 'Eisteddfod'?**
- 7 What is the name of the Welsh city which is the smallest in Britain?**
- 8 How many national parks are there in Wales? Can you name them?**
- 9 What is a cwtch?**
- 10 What is the Welsh word for Wales?**

# All about Wales – Quiz Questions

- 11 Who is the First Minister of Wales?
- 12 How many UNESCO World Heritage sites are there in Wales?
- 13 Which children's author who wrote James and the Giant Peach was born in Llandaff in south Wales?
- 14 Wales has two national emblems, can you name them?
- 15 Which country borders Wales?
- 16 What popular time travelling science fiction television programme is filmed in Wales?
- 17 What is cawl?
- 18 What mythical creature appears on the Welsh Flag?
- 19 What town in Wales is famous for its annual literary festival?
- 20 Which Welsh poet wrote 'Under Milk Wood.'

# All about Wales – Quiz Answers

- 1** What is the Capital city of Wales? **Answer: Cardiff.**  
Cardiff located in south Wales is the largest city in Wales. It has been the capital of Wales since 1955.
- 2** What is the highest Mountain in Wales? **Answer: Snowdon.**  
Snowdon in north Wales is 1085 metres (3,560 feet) high. In Welsh it is known as Yr Wyddfa which translates in English as ‘The Tomb’.
- 3** What do golf’s Ryder Cup and NATO have in common? **Answer: They both chose the Celtic Manor Resort in Newport,** south east Wales for their prestigious world events - the Ryder Cup in 2010 and the NATO 2014 Summit.
- 4** What is the most common surname in Wales? **Answer: Jones.**  
Some Famous Welsh Joneses: Tom Jones; Catherine Zeta Jones; Kelly Jones (Stereophonics). Other common surnames include Williams, Davies and Evans.
- 5** What is the Welsh delicacy ‘Laverbread’ made from? **Answer: Seaweed.**  
Laverbread is produced from the edible seaweed ‘laver’ which grows on rocky shores west of Swansea in south west Wales.
- 6** What is an ‘Eisteddfod’? **Answer: A Welsh festival of literature, music and performance.**  
The first Eisteddfod was held in 1176. Today the National Eisteddfod of Wales is one of the largest cultural festivals in Europe and is held annually. The Llangollen International Musical Eisteddfod also takes place annually in Llangollen in north Wales. The annual Urdd National Eisteddfod is one of Europe’s largest cultural youth festivals.
- 7** What is the name of the Welsh city which is the smallest in Britain? **Answer: St Davids.**  
St Davids is in Pembrokeshire. Visit the cathedral and view the many art galleries or walk along the coast near this coastal city that feels more like a village.
- 8** How many national parks are there in Wales? Can you name them? **Answer: there are three**
  - **Pembrokeshire National Park** (the only coastal national park in the UK);
  - **Snowdonia National Park** (containing Mount Snowdon the highest peak in Wales and England; and
  - **Brecon Beacons National Park** (which features a Dark Sky reserve).
- 9** What is a cwtch? **Answer: Cwtch** is a Welsh word that is commonly used in English too. The nearest translation to English is “**safe place**”. It can be a **cupboard** but came to mean **hug** or **cuddle**.
- 10** What is the Welsh word for Wales? **Answer: Cymru.**  
Welsh is one of the oldest languages and is spoken by approximately 19% of the population of Wales.



# All about Wales – Quiz Answers

- 11** Who is the First Minister of Wales? **Answer: Carwyn Jones.**  
The First Minister is the leader of the Welsh Government. It is the role of the Welsh Government to make decisions, develop policy and propose Welsh Laws.
- 12** How many UNESCO World Heritage sites are in Wales? **Answer:** There are **three** World Heritage sites in Wales
- **Blaenavon Industrial Landscape;**
  - **Castles and Town Walls of King Edward in Gwynedd;** and
  - **Pontcysyllte Aqueduct and Canal.**
- 13** Which children's author who wrote James and the Giant Peach was born in Llandaff in south Wales? **Answer: Roald Dahl.**  
The Famous author Roald Dahl was born in September 1916 in Wales.
- 14** Wales has two national emblems, can you name them? **Answer: Leek and Daffodil.**  
According to legend, Saint David advised the Welsh, on the eve of battle with the Saxons, to wear leeks in their caps to distinguish friend from foe. The Welsh for leek (the original national emblem) is Cenhinen, while the Welsh for daffodil is Cenhinen Pedr. Over the years they became confused until the daffodil was adopted as another emblem of Wales along with the leek.
- 15** Which country borders Wales? **Answer: England.**  
Wales is on the western coast of the island of Britain, in north east Europe. We're bordered by the sea on three sides and to the east by our neighbours in England.
- 16** What popular time travelling science fiction television programme is filmed in Wales? **Answer: Dr Who.** The popular BBC series is filmed in south Wales. It was revived by Russell T Davies from Swansea. Other popular TV programmes filmed in Wales include Atlantis and Sherlock.
- 17** What is cawl? **Answer: A welsh stew consisting of meat and vegetables.**  
The word cawl in Welsh was first recorded in the 14th century and is thought to come from the Latin caulis, meaning the stalk of a plant, a cabbage stalk or a cabbage.
- 18** What mythical creature appears on the Welsh Flag? **Answer: A Red Dragon.**  
The origins of Wales' flag, a red dragon on a green and white field, are lost in legend but may derive from Roman custom, a dragon having been the emblem of the cohort. In post-Roman times, legend warriors sometimes became known as 'dragons'. Legend tells too of the struggle between the red dragon of Wales and the white dragon of England, foretelling the victory of the former. In 1901 the red dragon was officially recognised as the Royal Badge of Wales and in 1959 the Queen commanded that the red dragon on its green and white field should be the Welsh flag.
- 19** What town in Wales is famous for its annual literary festival? **Answer: Hay-on-Wye.**  
Due to its number of bookshops Hay-on-Wye is known as the 'second hand book capital of the world'. The town is twinned with Timbuktu in the African nation of Mali.
- 20** Which Welsh poet wrote 'Under Milk Wood.' **Answer: Dylan Thomas.**  
Dylan Thomas was born in October 1914 in Swansea. Today the Dylan Thomas Prize is awarded every two years to recognise the best published writer in English under the age of 30 from anywhere in the world. Dylan Thomas 100 celebrates the 100th year of the poet's birth, with year long celebrations in Wales and across the world to mark the occasion.