



# Into the Outdoors

**SUSTAINABLE FOOD AND FARMING  
MANAGED GRAZING;  
A WIN FOR LAND, WATER, ANIMALS, AND PEOPLE**

**STUDENT WORKSHEET**

## MANAGED GRAZING

GrassWorks, Inc. website: <https://grassworks.org/>

## FACT SHEETS TO EXPLORE

**GrassWorks Fact Sheets Explain the Many Benefits of Grass-Based Farming and Grass-Fed Farm Products.** These fact sheets contain citations & references to the scientific literature that support the concept that Managed Grazing is a win-win-win-win way to farm.

As public interest in food and the production of food continues to grow, labels like “natural,” “cage-free” or “sustainable” cannot always tell the whole story. In order to assist food producers seeking to educate consumers better, GrassWorks has published four fact sheets about managed grazing. Print these and fold them to make a tri-fold, readable brochure.

**Earth Friendly Farming.** This brochure documents the multiple environmental benefits of raising dairy and beef cattle, sheep, pigs and poultry on managed pastures. It cites over 20 research studies on the topic.

**Less Saturated Fat, More Omega-3 Fatty Acids.** Grass-fed products have been shown to be both leaner and higher in essential healthy fats. Learn more about the grass-fed difference.

**More Vitamins and Disease-Fighting Antioxidants.** Because grazing animals enjoy superior nutrition and good health, their eggs, meat and dairy products contains more vitamins and antioxidants than their conventional counterparts. **Better Farming, Better Food.** This brochure introduces managed grazing and provides an overview of how this method works to improve the quality of the food we eat.

**Healthy Soils.** This brochure provides an overview of how grass farmers conserve and build soil resources using managed grazing.



## MANAGED GRAZING ASSIGNMENT - SHOW WHAT YOU KNOW

### Instructions to the student

- You've watched the documentary film – Searching for Sustainability
- You've listened to the Powerpoint lecture on Managed Grazing
- You've explored the resources at GrassWorks, Inc.

### Now, reflect back what you've learned.

You will do this by creating some type of "outreach piece" in which you explain to others:

1. What is managed grazing?
2. Why it is a farming practice that you should care about if you care about a clean environment?.
3. Why it is a good method for raising healthy animals?
4. Why high quality meat and milk for your table results?

The "outreach piece" you create can take many forms:

- Make a poster
- Make a flyer
- Design a webpage
- Outline a social media campaign
- Record a radio commercial
- Design a T-shirt

Be creative, and make something that demonstrates what you know about managed grazing.

The rubric below shows what your instructor is looking for when your outreach piece is graded.



## RUBRIC FOR "OUTREACH PIECE" FOR MANAGED GRAZING

THINGS THAT NEED IMPROVEMENT	I WILL BE ASSESSING YOUR SOCIAL MEDIA CAMPAIGN ON...	THINGS THAT WERE AMAZING
	<b>Outreach Strategy</b> – explain why you chose the outreach strategy that you did.	
	<b>Accurate portrayal of managed grazing</b> – its definition, how farmers do this.	
	<b>Benefits of Managed Grazing</b> - You mentioned 1) environment, 2) animal care, 3) food quality	
	<b>Outreach pieces is</b> - Creative and engaging, makes people want to know more.	
	<b>Communication</b> - You picked good, clear pictures/images to use and/ or your text or audio was clear and concise	