

Why is eating less meat good for the Earth?

Mabel talked about eating locally grown food so food wouldn't have to be shipped great distances.

She also mentioned cattle. How does eating food from cattle (red meat, milk, cheese) hurt the environment?

Brainstorm some ideas:

- Does it take a lot of land to raise cattle?
- Do trees need to be cleared from that land?
- Do cattle need to eat and drink water to grow strong?
- Do cattle add methane gas to the air?

Here's a graph to help you see the impact cattle have on the environment:

[Graph](#)