A method for assessing soil quality by the trophic activity of soil invertebrates includes placing bait strips in the soil with holes filled with substrate, the degree of perforation of which is used to assess the trophic activity of soil invertebrates. The total length of each strip is 23 cm, gelatin and crushed nettle leaves are added to the bait substrate, sieved through sieves with a mesh size of 0.25 mm, and the strips are exposed in spring and/or autumn.