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is eager to drop in about Take on the Twisters is that the egg timers are actually full of rice.

'The producers tried everything! she smiles. 'They tried plastic balls, sand, and then six different varieties of rice, including long grain and basmati, before they got to the perfect component, which was Italian pudding rice. It runs the smoothest and is the purest in colour.

Massive fan

'Obviously, being the Countryfile girl, I like the fact that I have a foodstuff in my quiz! If people get too frightened seeing me in a pair of high heels in a studio, it's all fine because there's a farmed product!'

Julia, who has homes in London and Rutland, where

iiving it some welly ith *Countryfile* lleague Matt Bake

she grew up, has just finished filming 30 episodes of the show when we chat to her. She describes herself as a 'massive fan' of quiz shows, citing Deal or No Deal as having a brilliant format and Who Wants to Be a Millionaire? host Chris Tarrant as 'the quizmaster extraordinaire'. He's The Dude. He really is The Dude.'

It has now become almost a rite of passage that TV quiz shows are given their own celebrity editions.

Julia, who also presents BBC1 health special Long Live Britain on Monday this week, has already considered which famous faces she'd like to see take on the twisters.

'It would be fantastic and so funny,' she laughs. 'I think Eddie Izzard would be brilliant because he has great general knowledge, I'd have Johnny Vegas there just for the fun, and Sarah Millican would be great value. And

> the fourth contestant I'd like is my mate Christopher Biggins.' But before Take on the Twisters can get its own star-filled spin-off, the original show will need to be a big hit.

'It really does deserve to be, says Julia, because it's a clever format and the contestants seem to be enjoying it so much. I hope the viewers at home love it, too, and that the whole nation will want to take on the twisters!' FRANCES TAYLOR

> Take on the Twisters is previewed on pages 50-51 For the latest

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