

People are more friendly up here

FOOD

Always the same or always game?

I'm always game to try dishes from around the world. Stephen Jardine (my co-presenter) is on his crusade to get us all to eat local Scottish produce, but that didn't stop him making the team eat kangaroo pie and only tell us afterwards what was in it. I can't see how this counts as "local produce" unless Blair Drummond Safari Park is missing an attraction? (If you're wondering it tasted like very strong game.)

CLOTHES

M&S or D&G?

I don't have Victoria Beckham's budget, or figure, so the vast majority of my clothes come from the high street. Like most women, I tend to have a few treasured designer pieces and accessories. Even then I tend to wait until I visit the Gucci Outlet outside Florence on holiday. You get through a lot of clothes on TV so I'm a regular in the fitting rooms of Top Shop, Zara, Principles and Wallis.

FASHION

Victim or setter?

I'm definitely not a trend setter, I look at some fashions in magazines and think that I couldn't possibly imagine wearing them, then about six months later when everyone's jumped on the band wagon I'll give it a go. I finally got a pair of skinny jeans just in time for those headlines saying they were on the way out again.

SHOPPING

Until you drop or avoid at all costs?

It's no fun with my husband and two-year-old twins in tow so I tend to wait until I'm on my own. To compensate I now tend to do a lot of my shopping online, which is lethal. All it takes is a few clicks and you don't even realise you've spent the money.

HOLIDAYS

Beach or piste?

Neither. My husband and I tend to visit family in Italy or opt for a destination closer to home. I've been holidaying in Scotland since I was six and it never loses its appeal. One of our most memorable holidays was when we hired a motor home and parked up on the beach from Local Hero.

APPROACH TO LIFE

Mañana, or right now?

Right now. The twins are fantastic fun but also very demanding and, like all kids, they lack patience. That tends to dictate the way I live my life. Also, I work in TV, a very immediate environment. I'd love to be "manana" about life but don't get the chance. Maybe tomorrow!

LIFE CHOICES: RACHEL McTAVISH

The mother-of-two co-presents the five thirty show, weeknights at 5.30pm on stv



FRIENDS

Quantity or quality?

Definitely quality, I have a very small group of good friends whom I've known a long time, but I've also made a couple of special friends since moving from London to Glasgow. It's a cliché but people are definitely friendlier up here.

ENTERTAINMENT

Intimate dinner or big bash?

I love a big bash if I know most of the people there but I'm not a fan of anonymous big crowds or endless small talk. It's best to let your hair down with friends.

DRINK

Beer or bolli?

I'm a cheap date, a bottle of Cava can normally win me

over. I've never drunk beer in my life; cider on the other hand...

FITNESS

Jane Fonda or Jim Royle?

It depends on my weight. I'm certainly not a gym bunny by nature but I did work really hard on diet and exercise to lose my baby weight. I don't know how some mothers do it in a few weeks. With hard work it took me two years to return to my former self. Then again, I did have a 55-inch baby bump when I was carrying the boys!

TECHNOLOGY

Gadget girl or technophobe?

We have more laptops and gadgetry at home than the Jetsons. Whether it's

streaming music or video calls, I'll give it all a go. Technology will only continue to develop so I make a conscious effort to understand enough to keep up.

HOUSEKEEPING

Kim & Aggie or Wayne & Waynetta?

My husband thinks I'm more Waynetta but I'd like to say that there are mitigating circumstances, such as him and two small children. Since I went back to work full-time I had to bite the bullet and get a cleaner in for a few hours a week just to try and keep my head above water.

CARS

Boy racer or Sunday driver?

I have a sporty convertible, but it's completely impractical.

MONEY

Rainy day or live for today?

We've always spent what we have on home and family so that takes a bit of responsible planning. I'm really not the sort to waste money.

PROPERTY

Urban chic or rural retreat?

I've done both, from a trendy live/work unit in Brixton to my current home in a village near Glasgow. I prefer the countryside, without a shadow of a doubt, but I still need to be within a half-hour's drive of the city centre.

DECOR

Minimal or cosy?

The interior of our house was relatively minimal and is now complimented by endless boxes of the finest brightly coloured plastic toys available. You can forget minimalism with kids around. I now fully embrace the homely, cosy look.

CHILDREN

Mary Poppins or Cruella de Vil?

Mary Poppins, of course, (although my husband is behind me shouting: "Cruella De Vil! All you need is the white hair dye.")

HEALTH

Alternative or aspirin?

I'm really concerned about my family's health as both my parents died at a young age so I tend to try a mixture of both. If I feel a cold coming on I'll take echinacea but if I've got a bad headache I'll take the strongest painkiller available.

RUBBISH

Bin it or recycle it?

I do try to recycle and reuse as much as possible and always have one of those hessian supermarket bags with me for my shopping. It's not easy and a lot of it comes down to how willing your local authority is to provide recycling services.