The DEFINITE ARTICLE

We ask a celebrity a set of devilishly probing questions – and only accept THE definitive answer. This week it’s Countryfile presenter Adam Henson

The prized possession you value above all others... Platinum and diamond cufflinks and shirt studs given to my grandfather Leslie Henson, an actor and comedian, by King George VI. They feel like a connection to the past.

The treasured item you lost and wish you could have again... My fitness. I loved rugby when I was younger but I’ve lost my speed and strength.

The temptation you wish you could resist... Bread and butter pudding with ice cream, cream and custard! At 52 it’s too hard to get rid of the extra weight.

The pet hate that makes your hackles rise... People with uncompromising opinions jar with me. It’s important to be open-minded.

The film you can watch time and time again... Braveheart, for vanity reasons! I was an extra lead heart, for vanity reasons! I’d love to meet my grand-father and watch him perform. He had a complicated life but was a terrific character.

The crime you would commit knowing you could get away with it... I’d steal all the money criminals make from trading in ivory and wild animals and give it to animal welfare charities.

The one thing you would never do... To make a difference by teaching people about farming, conservation and where food comes from.

The event that altered the course of your life and character... My dad opening Cotswold Farm Park to the public in 1971. From the age of five I was working with livestock in front of people, which is when I learnt to communicate about farming.

The unfulfilled ambition that still haunts you... To play rugby for England.

The philosophy that underpins your life... We’re here for a good time, not a long time, so make the most of it.

The order of service at your funeral... I’ll leave it to others to decide, but I want my ashes scattered on our land.

The way you want to be remembered... He was kind and fun-loving.

The item you would find in your handbag... My mate JC who lives there. I’d go fly-fishing for trout on Lake Taupo in New Zealand with my mate JC who lives there. Breakfast would be freshly caught fish with scrambled eggs and fruit. Then I’d take my family – partner Char-lie, and our children Ella, 19, and Alfie, 15 – scuba diving in the Galapagos to see sharks. We'd have spicy jerk chicken and rum punch on a Caribbean beach before going on safari in the Okavango Delta, Botswana, to see migrating wilde-beest. We’d then have a cream tea at The Ritz in London, before following killer whales and seeing the Northern Lights in Iceland. Dinner would be in a Cornish pub with my extended family and close friends. I’d drink my own beer – Butcombe Rare Breed – and eat a rib of beef from one of our own cattle, then end the day in a luxurious bed at a hotel overlooking Italy’s Amalfi Coast.

The happiest moment you will cherish forever... I cried when I bought my first piece of land last year. We rent our farm and farm park and it’s been my lifelong dream to own a smallholding.

The saddest time that shook your world... When my sister Becca’s son Ben died from a brain tumour aged nine in 2006. We were all devastated.

The half hour you would spend alone every day... I love fly fishing. I’d go fly-fishing for trout on Lake Taupo in New Zealand with my mate JC who lives there. Breakfast would be freshly caught fish with scrambled eggs and fruit. Then I’d take my family – partner Charlie, and our children Ella, 19, and Alfie, 15 – scuba diving in the Galapagos to see sharks. We’d have spicy jerk chicken and rum punch on a Caribbean beach before going on safari in the Okavango Delta, Botswana, to see migrating wilde-beest. We’d then have a cream tea at The Ritz in London, before following killer whales and seeing the Northern Lights in Iceland. Dinner would be in a Cornish pub with my extended family and close friends. I’d drink my own beer – Butcombe Rare Breed – and eat a rib of beef from one of our own cattle, then end the day in a luxurious bed at a hotel overlooking Italy’s Amalfi Coast.

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Right: Mel Gibson in Braveheart. Above right: ceramics. Far right: lions

‘I was an extra in Braveheart and my face fills the screen! Mel Gibson directed me and seemed like a great guy.’

Joanna Lumley appears in the feel-good comedy Finding Your Feet, in cinemas Friday. Stereophonics begin their UK tour in Aberdeen the same day. And Suranne Jones opens in Frozen at London’s Theatre Royal Haymarket on Wednesday

PS...