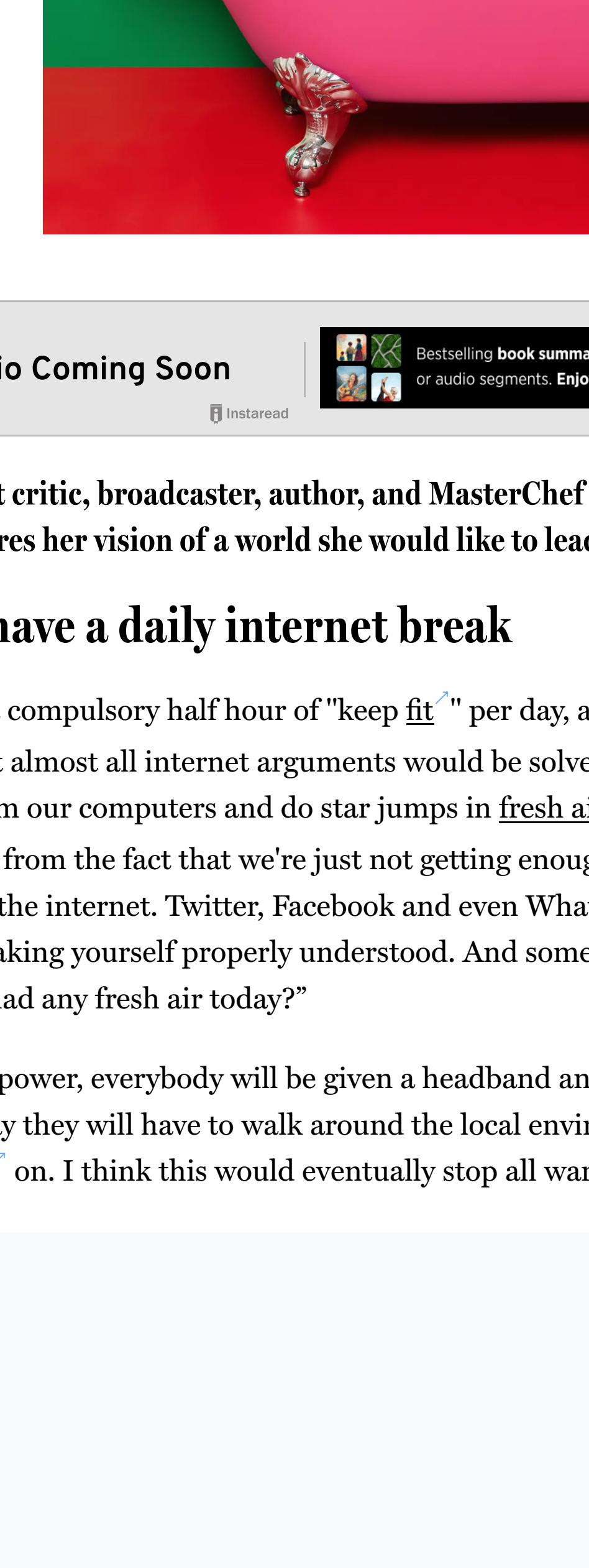


## Grace Dent: If I Ruled The World

BY READER'S DIGEST 26TH MAY 2022 CELEBRITIES

SHARE



 **Audio Coming Soon**

 Bestselling book summaries in 15-minute text or audio segments. Enjoy Listening!

 Instead

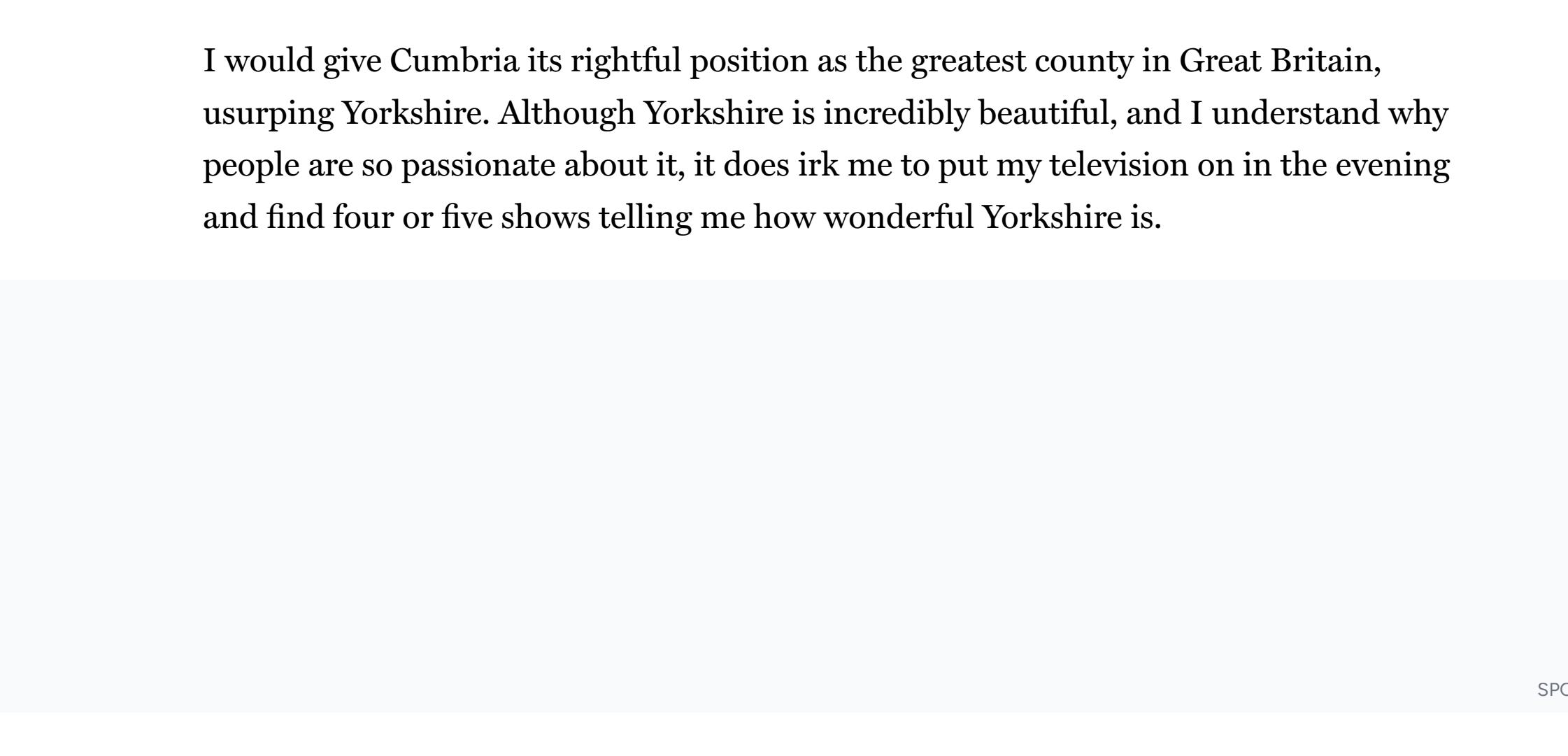
**R**estaurant critic, broadcaster, author, and *MasterChef UK* regular Grace Dent shares her vision of a world she would like to lead

### We would have a daily internet break

We would have a compulsory half hour of "keep fit" per day, away from the internet. My theory is that almost all internet arguments would be solved if we were all forced to walk away from our computers and do star jumps in *fresh air*. I think that a lot of our anger comes from the fact that we're just not getting enough of it. You can't win an argument on the internet. Twitter, Facebook and even WhatsApp don't lend themselves to making yourself properly understood. And sometimes I have to say to myself, "Have I had any fresh air today?"

When I come to power, everybody will be given a headband and a tracksuit, and for half an hour a day they will have to walk around the local environs, breathing in air, with loud *music* on. I think this would eventually stop all wars.

SPONSORED

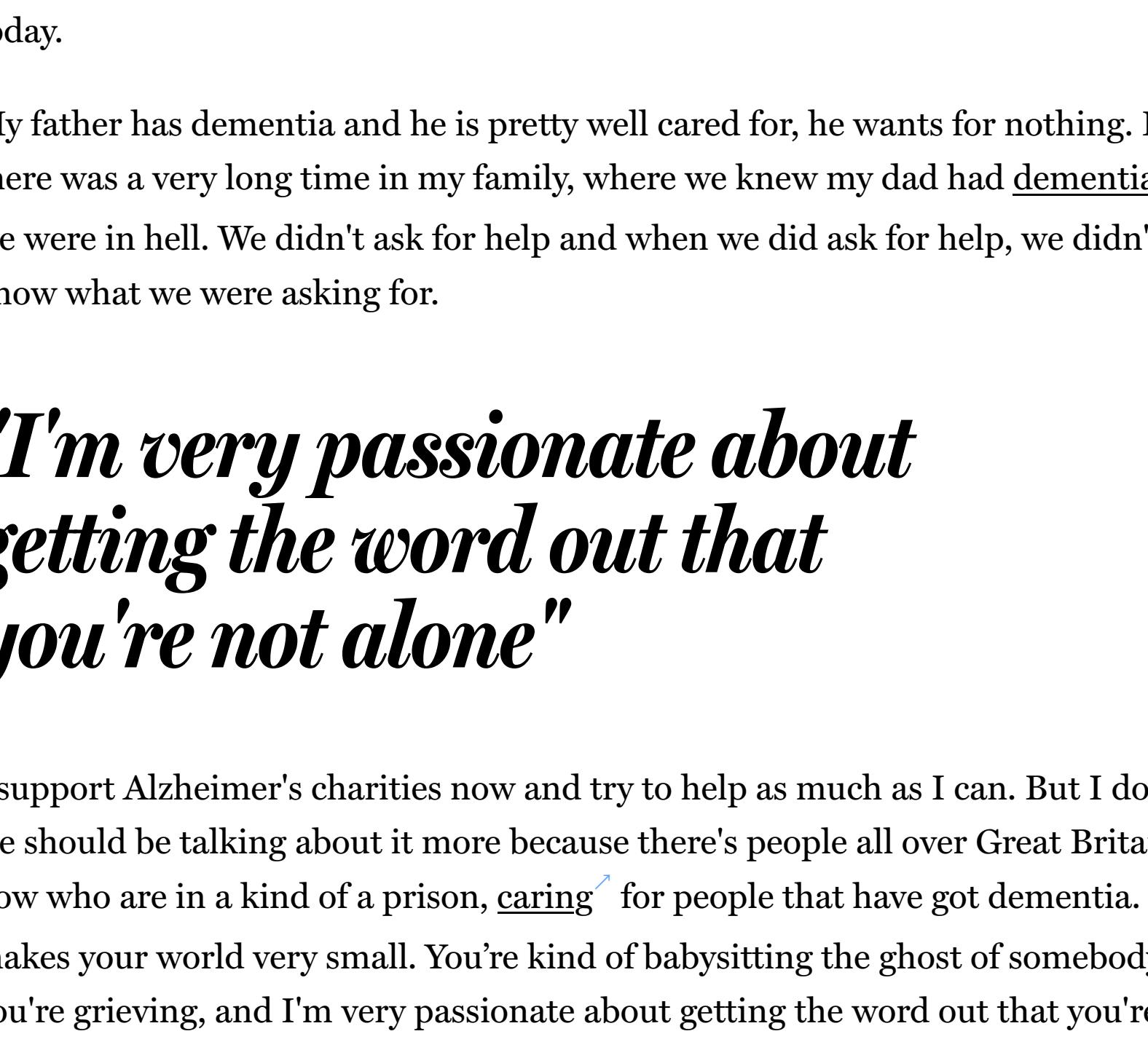


### Kindness to animals would be compulsory

I think that people should wear their *animal love* on their sleeves more. Once a year, we would have a national day completely devoted to animals; everybody would be allowed to have the day off and just spend their time with their dog, cat or hamster.

I think sometimes people are embarrassed to say that they love animals as much as they love humans. And I think that I am as well. I wish that I could talk about that more freely. I'm always happy when I meet other people who feel the same way, and devote their lives to taking in stray cats and dogs, and raising money for animal charities.

### Michelin-starred dinners for everybody!



We live in a world where we hear about these places a lot. In Britain, it's set up as the pinnacle of experience to go there and eat this food, but in reality, for almost 99 per cent of the country, it is a space that people will never go into. It's incredibly expensive, it's intimidating, it might be far away, so people don't go. They might watch *MasterChef* but they may never witness the theatre, and almost the ridiculousness, of a two Michelin star restaurant for themselves.

When I come to power, everybody will get a voucher and be allowed to go to Le Gavroche, and see what the heck is going on inside it. And even if they hate it, at least they've seen it—it will be much more egalitarian that way. Also, I would really like some of the two-Michelin-star chefs to have to deal with people from Carlisle, where I'm from, asking where the rest of the *dinner* is when it arrives on the table.

### Cumbria would be the greatest county in Great Britain

I would give Cumbria its rightful position as the greatest county in Great Britain, usurping Yorkshire. Although Yorkshire is incredibly beautiful, and I understand why people are so passionate about it, it does irk me to put my television on in the evening and find four or five shows telling me how wonderful Yorkshire is.

SPONSORED

*Grace Dent is a restaurant critic, broadcaster, author, and *MasterChef UK* regular. She has appeared on *Very British Problems* and is the host of the critically acclaimed podcast, *Comfort Eating*.*

**SHOP NOW** for all products related to Grace Dent

Read more: [Charlotte Rampling: "I don't need approval"](#)

Read more: [Liz Pichon: Books that changed my life](#)

Keep up with the top stories from Reader's Digest by [subscribing](#) to our weekly newsletter

This post contains affiliate links, so we may earn a small commission when you make a purchase through links on our site at no additional cost to you.

This post contains affiliate links, so we may earn a small commission when you make a purchase through links on our site at no additional cost to you. Read our [disclaimer](#) for more information.

Up Next

Interview: Ermonela Jaho on Puccini

BY READER'S DIGEST

More from Celebrities

If I ruled the world: Skin

BY SIMON BUTTON

Brian Blessed: If I ruled the world

BY CAROLINE HUTCHIN

Defining the role of close protection officers

BY READER'S DIGEST

BY READER'S DIGEST

The Limehouse Golem: An interview with Bill Nighy

BY READER'S DIGEST

BY READER'S DIGEST

10 things you might not know about Kanye West

BY ROSIE PENTREATH

**Don't miss anything:**  Get the latest stories by email |  Magazine subscription from £3

Reader's Digest is a member of the Independent Press Standards Organisation (which regulates the UK's magazine and newspaper industry). We abide by the Editors' Code of Practice and are committed to upholding the highest standards of journalism. If you think that we have not met those standards, please contact 0203 289 0940. If we are unable to resolve your complaint, or if you would like more information about IPSO or the Editors' Code, contact IPSO on 0300 123 2220 or visit ipso.co.uk

Reader's Digest is a member of the Independent Press Standards Organisation (which regulates the UK's magazine and newspaper industry). We abide by the Editors' Code of Practice and are committed to upholding the highest standards of journalism. If you think that we have not met those standards, please contact 0203 289 0940. If we are unable to resolve your complaint, or if you would like more information about IPSO or the Editors' Code, contact IPSO on 0300 123 2220 or visit ipso.co.uk

Privacy Policy