



kat·grudko
PHOTOGRAPHY

Getting to know our readers!

discover

We chat to Benike from I Love Foodies

What are you watching at the moment?

Nothing much of anything really. I love television series and films, but far too easily get sucked up into the imaginary worlds, so I'll only start watching something when I have quite a bit of time. For the last little while, I've been spending 99% of my time working. That said, I have really begun to enjoy watching YouTube videos on a variety of interesting topics – TEDx talks, interviews with investors, etc.

What are you reading?

I'm reading a few interesting books at the moment – one on acting theory, one on career development, and one on the concept of grit. The last is probably the one that has me most hooked. It's called Grit by Angela Duckworth and delves into the concept of grit and how to develop it. It's so interesting!

Three items always in your fridge.

Butter. Cheese. Apples. I'm a foodie, but I only keep my fridge stocked with basic goodies. Butter is a must for all my cooking, cheese is great on anything, and apples are the perfect on-the-go snack!

What did you have for breakfast?

Yoghurt with moringa leaf powder, some fruit, and a coffee. Usually, it's scrambled eggs with roast tomatoes and cheese.

What is your dream profession?

What I do! Acting. Writing. Modelling. I love what I do and wouldn't trade it for anything else.

If you could trade lives with one person for just one day, who would it be and why?

Hmm, I've never really thought about this. But if I could choose anyone dead or alive I'd like to live a day as a queen in the middle ages (or perhaps more towards the Renaissance era). I think that would be a really cool experience!

What are you most proud of?

My family. I have the most wonderful family in the world, and I'm so

incredibly blessed to be surrounded by so much love.

What is your guilty pleasure?

Sleeping. I love sleeping.

The movie of your life: what would it be called, who would play you and what would the soundtrack be?

Possibly something like 'Just A Girl' or 'Story Of A Girl'. I'd have Emma Stone or Emma Watson play me – they seem to most resonate my character. And soundtrack ... I think it would be a little bit of everything, a mix of hauntingly soulful tracks, classic rock, and modern pop.

Last picture you took with your phone?

I took a snapshot of my breakfast this morning to post on my I Love Foodies Twitter account.

Your top five famous dinner guests?

Hmm, I think I would choose those who inspire me or who I think have great lessons to teach – Oprah for her astounding wisdom, Leonardo DiCaprio for his drive in making a difference, Sarah Michelle Gellar, simply because I grew up a massive Buffy fan, Warren Buffet as I love listening to him talk about life, money, and all things else, and ... maybe Justin Timberlake. He seems kinda cool.

Which websites do you use as part of your daily routine?

I use I Love Foodies and all the associated social media pages the most. But other than that I subscribe to a few online magazines/blogs that I regularly read – Entrepreneur Magazine, Barking Up The Wrong Tree, and Women's Health. But I can't say that there's one website I check absolutely every day.

What cafe are we most likely to find you at?

Yours Truly. I haven't been in a while but this is the spot I'm most likely to head to for a casual meet-up with friends or when I want to do some work on my laptop.

www.ilovefoodies.com