

## Deio

“Eat the rainbow” is what your mam used to say  
But now you're stuck in this confusion of grey  
In the feelings and in the food  
Grief can explain the changes in your mood

Gran is trying her best  
I wonder what goes through her mind too  
when she's preparing this stew?  
Memories of mam just like you?  
the cooking you used to do  
Because she does love you Deio  
Just wants what is best for you

The decision's with you  
On what to eat  
A burger may be appealing  
but for how long can you  
stomach that processed meat  
Good food makes the body happy  
Make the mind work  
Has many benefits and  
so many perks.