To restore the backup from the email

1. Connect iPad to PC or MAC and run iTunes

2. Go to the Apps section as shown in the image attached herewith.
(scroll down to the bottom of the Apps page until you see the File Sharing section)

3. select the correct app from "Apps" section. In your case it is "FoodPOS"

4.Use the "Add" button in the bottom right corner to add the attachment you received via email backup.
(The file name should be something like **FoodPos_dd-mm-yyyy.cotopus**).
 (No need to do a complete sync with iTunes)

5.Now disconnect form PC or MAC and **completely close** the FoodPos app in the iPad.

6.Open the app again and login to the app. The backup will now show when you go in to the restore function.