

# A BOWL OF TAO

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# TAO

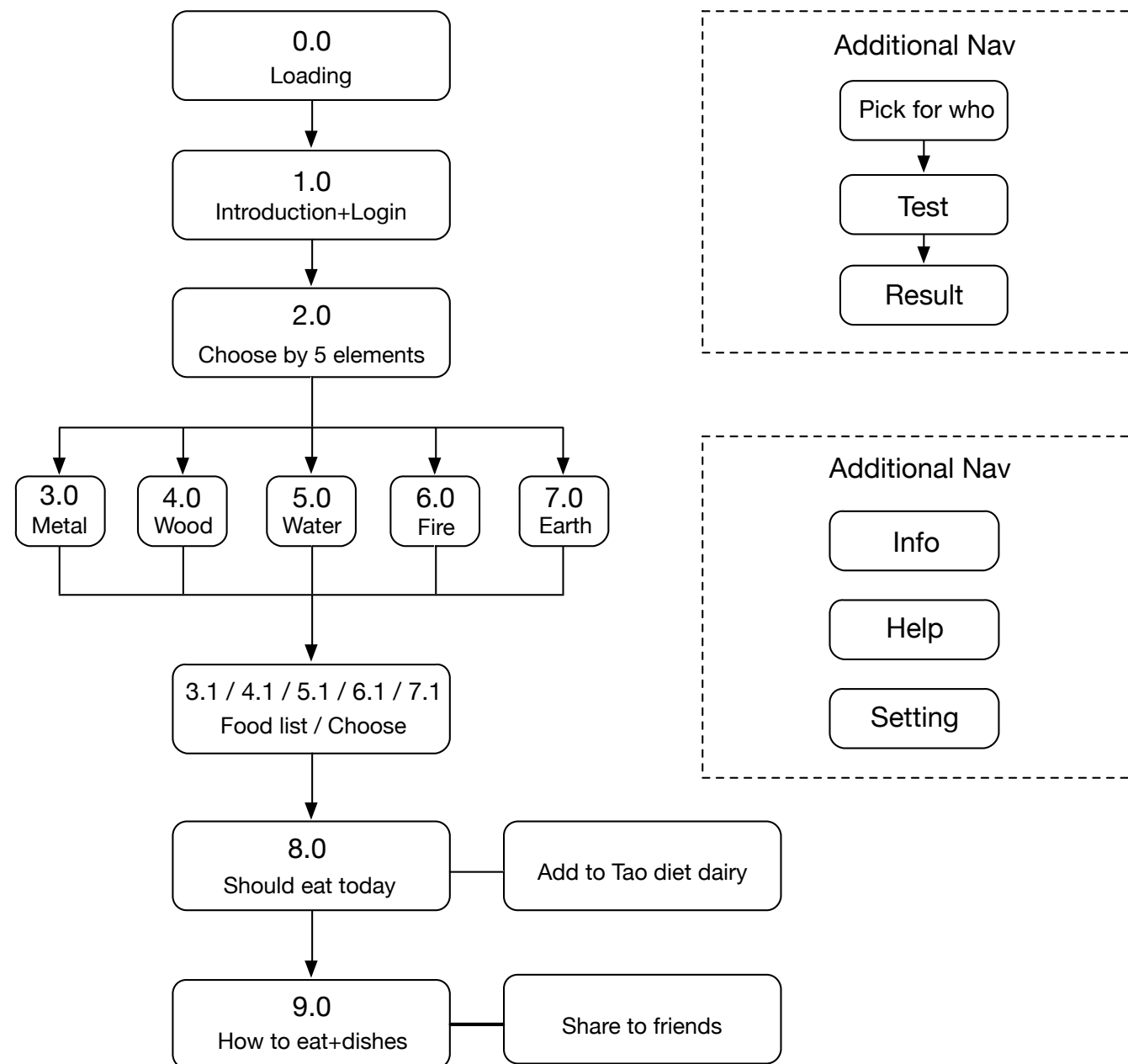
is the underlying natural order of the universe whose ultimate essence is difficult to circumscribe.

Tao was shared with Zen and Buddhism and more broadly throughout East Asian philosophy and religion in general.

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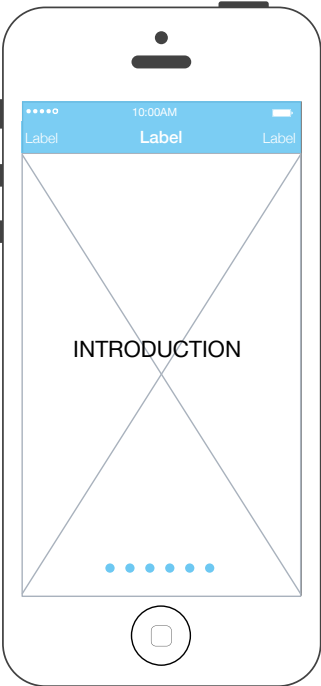
## APP MAP

This app focuses on the TAO culture, according to the theory of “Wu Xing”, “Your body is an universe”. It recommends kinds of vegetable, meat or fruit you should eat based on you own health situation. Modern people pursue healthy life, and they prefer eat healthy also. “Wu Xing” also known as the Five Elements, it is a fivefold conceptual scheme that many traditional Chinese fields used to explain a wide array of phenomena, from cosmic cycles to the interaction between internal organs. The “Five Phases” are Wood, Fire, Earth, Metal, and Water.

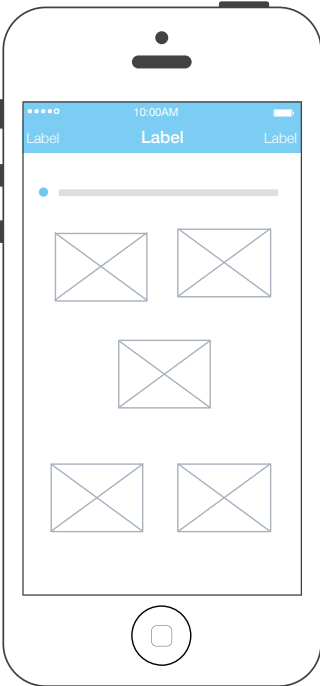


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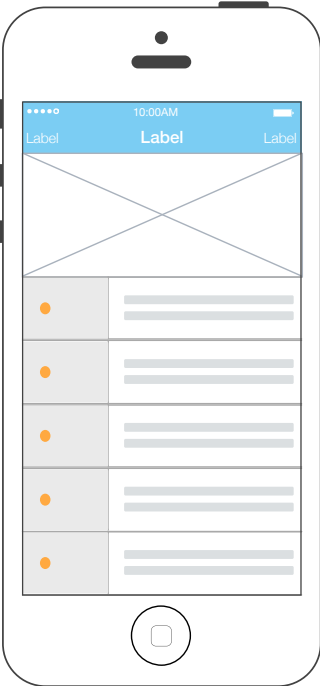
## WIREFRAME



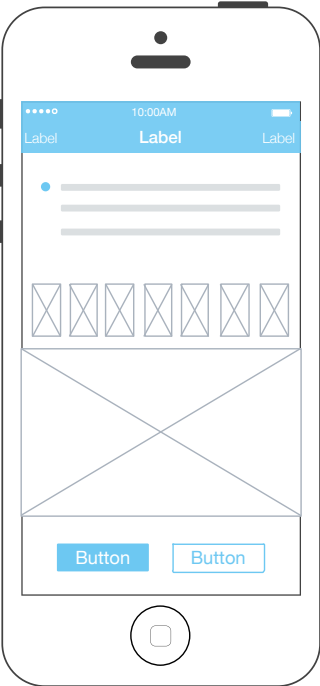
1.0 Introduction+Login



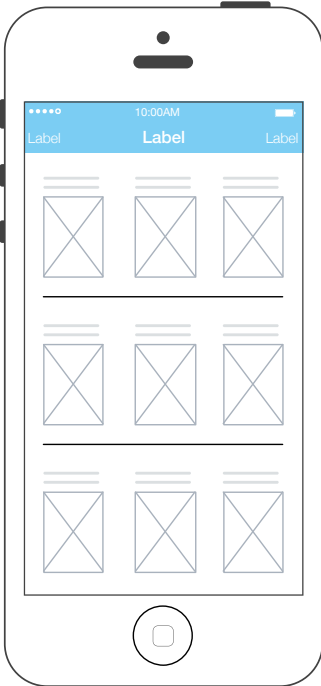
2.0 Choose by 5 elements



3.1 / 4.1 / 5.1 / 6.1 / 7.1  
Food list / Choose



8.0 Should eat today



9.0 How to eat+dishes

THANK YOU