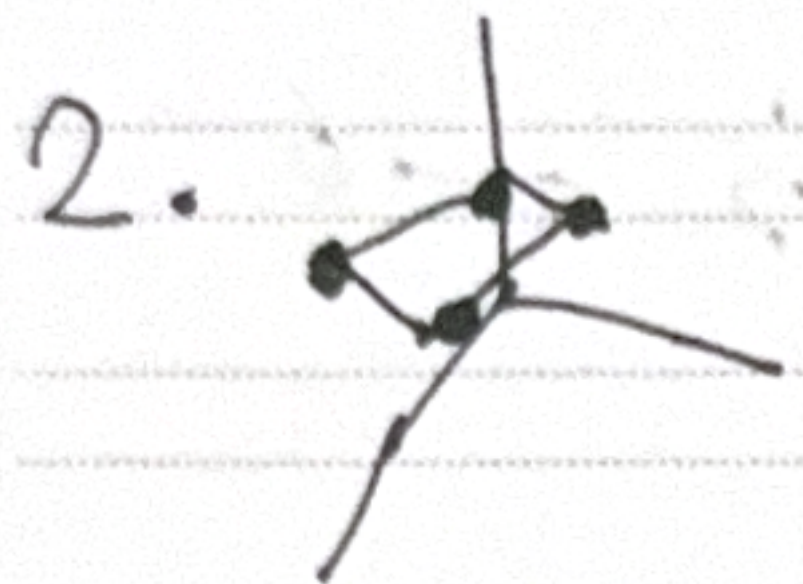


$$h = \langle 0, 0, +1 \rangle$$

$$F \cdot h = z = 0$$

$\rightarrow \mathbb{R}^3$

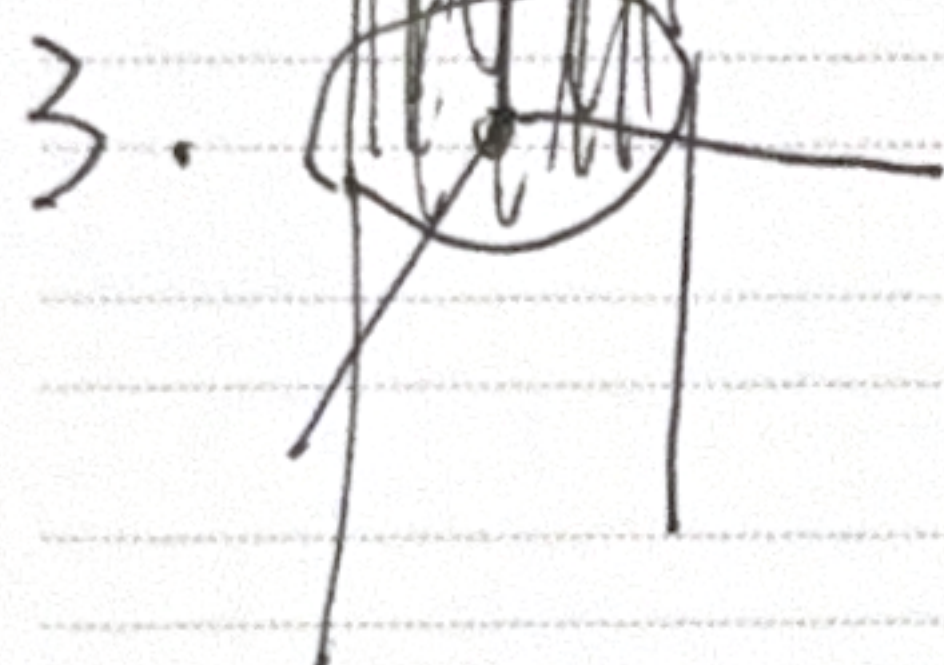


$$h = \langle 0, 0, 1 \rangle$$

$$F \cdot h = 1 = z$$



$$\int_R 1 \, ds = 1$$



$$h = \langle x, y, 0 \rangle$$

$$F \cdot h = x^2 + y^2$$

$$\int_R (x^2 + y^2) \, r \, d\theta \, dz$$

$$= \int_0^{2\pi} \int_0^1 1 \, dz \, d\theta = \int_0^{2\pi} 1 \, d\theta = 2\pi$$