

1.

$$\iint_{F+B} + \iint_{L+R} + \iint_{T+B} = 3 \text{ (VA)}$$

$$\iint_{\text{Cube}} B = 3$$

2. $\frac{1}{2} \nabla F \cdot F = F \times \nabla \times F + (F \cdot \nabla) F$