

$$\int_0^5 (x^3 + 2x^2 - x + 1) dx \left| \frac{x^4}{4} + \frac{2x^3}{3} - \frac{x^2}{2} + x + 1 \right|$$

$$dx \left(\frac{5^4}{4} + \frac{2 \cdot 5^3}{3} - \frac{5^2}{2} + 5 + 1 \right) - 0$$

$$\approx 232.08$$

