Verifying the Solution

$$1 + 4 + 0 = 5$$
$$-4 + 0 = -4$$
$$6 - 10 + 0 = -4$$

$$x = 1$$
$$y = -2$$
$$z = 0$$

Verifying the Solution

$$5 = 5$$
$$-4 = -4$$
$$-4 = -4$$

The solution simultaneously satisfies the equations

$$x = 1$$
$$y = -2$$
$$z = 0$$