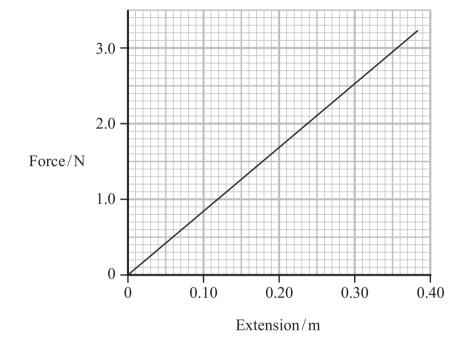
4 A force-extension graph for a spring is shown.



Which of the following gives the work done, in joules, to extend the spring by 0.30 m from its original length?

$$\triangle$$
 A 0.30×2.5

B
$$0.5 \times 0.30 \times 2.5$$

$$\square$$
 C $\frac{2.5}{0.30}$

$$\square$$
 D $\frac{0.30}{2.5}$