1. 
$$5y(4+4y) = 4 \times 5y + 4y \times 5y = 20y + 20y^2$$

**2.** 
$$(-4z-1)(-5z) = -4z \times (-5z) - 1 \times (-5z) = 20z^2 + 5z$$

**3.** 
$$(5+6y)(-4y) = 5 \times (-4y) + 6y \times (-4y) = -20y - 24y^2$$

**4.** 
$$-5z(-3+5z) = -3 \times (-5z) + 5z \times (-5z) = 15z - 25z^2$$

**5.** 
$$(-2+6x)$$
  $2x = -2 \times 2x + 6x \times 2x = -4x + 12x^2$