$$E = \{f : [0,1] - > \mathbb{R}\}$$
$$\langle f, g \rangle = \int_0^1 f(t)g(t)dt$$
$$u(t) = 1 \qquad w(t) = t$$

$$\langle f, u \rangle = \int_0^1 f(t)u(t)dt = \int_0^1 t^2 - t + 1dt = \left[\frac{1}{3}t^3 - \frac{1}{2}t^2 + t\right]_0^1 = \frac{5}{6}$$
$$\langle u, u \rangle = \int_0^1 u(t)u(t)dt = [t]_0^1 = 1$$

$$\langle f, w \rangle = \int_0^1 f(t)w(t)dt = \int_0^1 t^3 - t^2 + tdt = \left[\frac{1}{4}t^4 - \frac{1}{3}t^3 + \frac{1}{2}t^2\right]_0^1 = \frac{5}{12}$$
$$\langle w, w \rangle = \int_0^1 w(t)w(t)dt = \int_0^1 t^2dt = \left[\frac{1}{3}t^3\right]_0^1 = \frac{1}{3}$$