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Solution
Ouadratic function: is a function that can be written in the form:
u(y) = ay^2 + by + c where a, b, and c are real numbers and a \neq 0
we have u(v) = -3v^2 - 6v + 10, note: -3v^2 - 6v + 10 is in vu-plane
Here, we know that a=-3, b=-6, c=10
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of the vertex by using $y=-\frac{b}{2\pi}=-1=-1$ Now that we have the y-coordinate, we can find the u-coordinate

of the vertex by finding $u(-1) = -3(-1)^2 - 6(-1) + 10 = -3 + 6 + 10 = 13$ Maximum=13

Since a<0 .we know that the u-coordinate of the vertex is a maximum.However.to find the u-coordinate of our vertex we first need to find the v-coordinate