$(4 f - \frac{1}{4})^2 = (4 f)^2 - 2(4 f)(\frac{1}{4}) + (\frac{1}{4})^2)$ 

$$16 f^{2}-f+\frac{1}{16}$$

$$16 f^{2}+2 f+\frac{1}{16}$$

$$16 f^2 - 2 f + \frac{1}{16}$$

$$16 f^2 + f - \frac{1}{16}$$

الحل:

 $= 16 f^2 - 2 f + \frac{1}{16})$