ZAD 1. $H \leftarrow G$, G - cyclic \Longrightarrow H - cyclic

We know that

$$G = \{ \dots, g^{-k}, \dots, g^{0} = 3, \dots, g^{k}, \dots \}$$

Now, because H < G, we know that for every $h \in H$, we have

$$h\in \tt G$$

$$h^{-1}\in {\tt G}$$

$$(\forall h' \in H) hh' \in H$$