7c

$$\int_{\square} dxdt \nabla^2 f(t)$$

$$= \int_{\square} dxdt \nabla^2 f(t_0) + \int_{\square} dxdt \nabla^2 f(t) - dxdt \nabla^2 f(t_0)$$

da

$$\left| \int_{\square} dxdt \nabla^2 f(t) - dxdt \nabla^2 f(t_0) \right|$$

$$\leq \int_{|\square|} |dxdt \nabla^2 f(t) - dxdt \nabla^2 f(t_0)|$$