Exercise 1 Find the area of the largest rectangle that can be inscribed in the ellipse

$$\frac{x^2}{a^2} + \frac{y^2}{b^2} = 1$$

Exercise 2 What is the smallest possible area of the triangle that is cut off by the first quadrant and whose hypotenuse is tangent to the parabola $y = 4 - x^2$ at some point?