Problems

Problem 1: Let $F: \mathbb{Z}^+ \to \mathbb{Z}$ be defined recursively by

Problem 2: Let
$$A_n$$
, $n \in \mathbb{Z}^+ \cup \{0\}$, be defined by
 $\blacktriangleright A_0 = \{0\}$, and
 $\blacktriangleright A_n = A_{n-1} \cup \{n^2\}$ if $n \ge 2$.
Prove that $A_n = \{i^2 | 0 \le i \le n, i \in \mathbb{Z}\}$ for all integers $n \ge 0$.

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