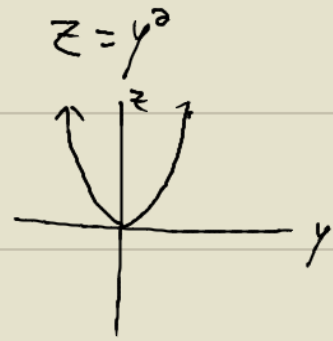


7. $\int_{x=0}^{x=3} \int_{y=-2}^{y=0} \int_{z=0}^{z=y^2} dz dy dx$



$\int_{x=0}^{x=3} \int_{z=0}^{z=4} \int_{y=-\sqrt{z}}^{y=\sqrt{z}} dy dz dx$



$z = y^2$
 $y = \pm\sqrt{z}$
 $y = -\sqrt{z}$