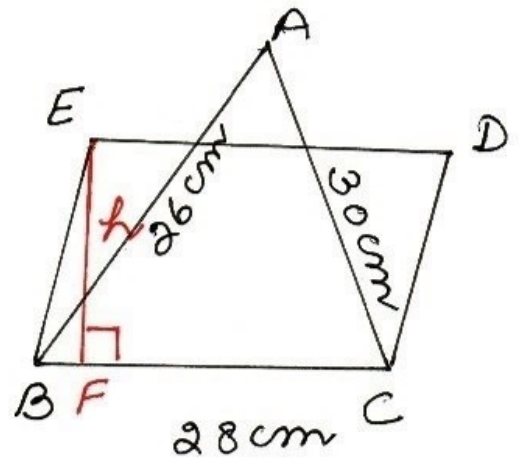


④

$$\begin{aligned} \Delta ABC \\ s &= \frac{26+28+30}{2} \\ &= \frac{84}{2} \quad 42 \\ &= 42 \text{ cm} \end{aligned}$$



$$\begin{aligned} \text{area} &= \sqrt{42(42-26)(42-28)(42-30)} \\ &= \sqrt{42 \times 16 \times 14 \times 12} \\ &= \sqrt{7 \times 3 \times 2 \times 4 \times 4 \times 2 \times 7 \times 2 \times 2 \times 3} \\ &= 2 \times 2 \times 3 \times 4 \times 7 \\ &= 336 \text{ cm}^2 \end{aligned}$$

$$\begin{aligned} \text{area of } \text{||gm } BCDE &= \text{ar}(\Delta ABC) \\ BC \times h &= 336 \text{ cm}^2 \\ 28h &= 336 \\ \Rightarrow h &= \frac{336}{28} \quad 12 \text{ cm} \\ \Rightarrow \text{height} &= 12 \text{ cm} \end{aligned}$$