

$$\boxed{\text{Ex 1}} * A = 4 - \frac{16}{7} \times \frac{5}{12} = 4 - \frac{4 \times 4 \times 5}{7 \times 4 \times 3} = 4 - \frac{20}{21}$$

$$* B = 1 - \left(\frac{1}{2} + \frac{4}{3}\right)^2 = \frac{84}{21} - \frac{20}{21} = \boxed{\frac{64}{21}}$$

$$= 1 - \left(\frac{3}{6} - \frac{8}{6}\right)^2 = 1 - \left(-\frac{5}{6}\right)^2 = 1 - \frac{25}{36} = \frac{36}{36} - \frac{25}{36} = \boxed{\frac{11}{36}}$$

$$* C = 3 \times \left(3 - \frac{7}{3}\right)^2 = 3 \times \left(\frac{9}{3} - \frac{7}{3}\right)^2 = 3 \times \left(\frac{2}{3}\right)^2 = 3 \times \frac{4}{9} = \frac{3 \times 4}{3 \times 3}$$

$$* D = \frac{\frac{7}{2} - \frac{5}{3}}{2 \times \frac{7}{5}} = \frac{\frac{21}{6} - \frac{10}{6}}{\frac{14}{5}} = \frac{\frac{11}{6}}{\frac{14}{5}}$$

$$= \frac{\frac{11}{6}}{\frac{14}{5}} = \frac{11}{6} \times \frac{5}{14} = \boxed{\frac{55}{84}}$$

$$* E = \frac{\frac{3}{5} - 4}{\frac{7}{10}} = \frac{\frac{3}{5} - \frac{20}{5}}{\frac{7}{10}} = \frac{-\frac{17}{5}}{\frac{7}{10}} = -\frac{17}{5} \times \frac{10}{7}$$

$$= -\frac{17 \times \cancel{5} \times 2}{\cancel{5} \times 7}$$

$$= \boxed{-\frac{34}{7}}$$