Area of Rectangle $= bh$

$= 2h$

$= 2 f(t)$ (sort of)

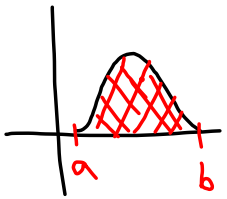
Area of 1st Rectangle $= f(2)\Delta t$

Area of 2nd rectangle $= f(4)\Delta t$

"Area" $\approx \sum_{i=1}^{2} f(t_i)\Delta t$

"Area" $\approx \sum_{i=1}^{n} f(t_i)\Delta t$

"Area" $= \lim_{n\to\infty} \sum_{i=1}^{n} f(t_i)\Delta t$



$= \int_a^b f(x)\,dx$