Riemannian submanifolds

Exercise 1. Let (M, g) be a Riemannian manifold and let $f : M \to \mathbb{R}$ be a smooth map. We assume that f vanishes transversally, that $d_x f \neq 0$ whenever $f(x) = 0$. Let us denote by Z the hypersurface $f^{-1}(0)$ and by II its second fundamental form.

1. Show that for any $x \in Z$, $d_x f \circ \mathrm{II}_x = -\nabla^2_x f_{|T_x Z}$.
2. Express II only in terms of f.

Exercise 2. Recall that if (M, g) is a Riemannian surface, then its Gauss curvature at p is $\kappa(p) = K(T_p M)$, the sectional curvature of $T_p M$.

1. Is there a metric g on $\mathbb{S}^2$ such that κ takes a negative value at some point?
2. Is there a metric g on the torus $\mathbb{T}^2$ such that κ does not vanish?
3. Is there a 2-dimensional submanifold (without boundary) M of $\mathbb{R}^3$ such that κ vanishes everywhere?
4. Same question assuming that M is not a plane.
5. Same question assuming that M is compact without boundary. (*Hint:* Use Sard's theorem: the set of critical values of a smooth map between smooth manifolds has measure 0.)
6. Is there a compact surface without boundary M in $\mathbb{R}^3$ such that κ is negative everywhere?