Approximate the following integrals accurate within 0.01 of the exact value.

1. 
$$\int_0^{3.5} \cos\left(\frac{x^2}{4}\right) dx$$

$$2. \int_{-1}^{2} \cos\left(\frac{x^2}{4}\right) dx$$

$$3. \int_0^4 \cos\left(\frac{x^2}{4}\right) dx$$