$$h(0) = (0-1)^2 + 0$$

$$h(2) = (2-1)^2 + 2 = 1^2 + 2 = 3$$

$$h(5) = (5-1)^2 + 5 = 4^2 + 5$$
$$= 16 + 5$$
$$= 21$$

$$h(x+1) = ((x+1)-1)^2 + (x+1)$$
$$= (x)^2 + (x+1)$$
$$= x^2 + x + 1$$