

9. 已知 $\sin(\alpha - \frac{\pi}{4}) = \frac{1}{3}$, 则 $\cos(\alpha + \frac{\pi}{4})$ 的值等于 ()

- A. $-\frac{1}{3}$ B. $\frac{1}{3}$ C. $-\frac{2\sqrt{2}}{3}$ D. $\frac{2\sqrt{2}}{3}$

10. 若 $\sin(3\pi + \alpha) = -\frac{1}{2}$, 则 $\frac{4\sin(\alpha + \pi) + \cos^2(-\alpha)}{\sin(-\alpha - \pi)}$ 的值是 ()

- A. $\frac{5}{2}$ B. $\frac{2}{5}$ C. $-\frac{2}{5}$ D. $-\frac{5}{2}$