30. We think of this as having two parts: the first is the collision itself – where the bullet passes through the block so quickly that the block has not had time to move through any distance yet – and then the subsequent "leap" of the block into the air (up to height h measured from its initial position). The first part involves momentum conservation (with $+y$ upward):

$$(0.01\,\text{kg})(1000\,\text{m/s}) = (5.0\,\text{kg})\vec{v} + (0.01\,\text{kg})(400\,\text{m/s})$$

which yields $\vec{v} = 1.2$ m/s. The second part involves either the free-fall equations from Ch. 2 (since we are ignoring air friction) or simple energy conservation from Ch. 8. Choosing the latter approach, we have

$$\frac{1}{2}(5.0\,\text{kg})(1.2\,\text{m/s})^2 = (5.0\,\text{kg})\left(9.8\,\text{m/s}^2\right)h$$

which gives the result $h = 0.073$ m.