Remarks: See §5.1, page 154 till 162
And the examples 2 on page 155 and §3.2 page 78

Answers:

a. Because AC is a two-force member the line of action of the support reaction in A is along AC. Three forces are working on body BCD. There's a moment equilibrium only when these three forces intersect in one single point. The line of action of the support reaction in B has to go through this point. The directions of forces in A and B are now known. Their size follows from a force polygon.
b. The moment equilibrium around B gives us A_h. With the direction of the two-force member AC you can find A_v. The support reactions in B follow from horizontal and vertical equilibrium.

$$A_h = 2F\ (\leftarrow);\ A_v = 2F\ (\uparrow)$$
$$B_h = 2F\ (\rightarrow);\ B_v = F\ (\downarrow)$$

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