1/First observe the three sides of a triangle you choose to look at eg. 

2/The left side of the second triangle is the number 8 and we see if there is an inverted triangle that corresponds to it. There is not one, so then you can be sure that it is on the left side of the big triangle.

Then continue to look at the right of that triangle, it Is the number 2, we find a unique inverted triangle corresponding to it, with a number 8 on the left

Then we look at the number at the bottom edge it Is 3, there is no triangle corresponding with a 7 at the top.

This confirms that the triangle is at the left corner of the big triangle.

Then you can determine the other triangles by adding up to 10.

And so on, thank you.