Q1a: Consider the set of all piecewise linear functions with slope less than or equal to $|2n|$. They seperate points and form a function algebra. Thus any continuous function on $[0, 1]$ can be approximated by such function by Stone-Weierstrass Theorem. Thus for any $f \in E_n$ there is some g such that $|f - g| < \varepsilon$. However we see that $|g(x)-g(x_0)| > 2n|x-x_0| > n|x-x_0|$, since $n \geq 1$. Therefore $g \notin E_n$, and so E_n is nowhere dense.

Q1b: Since $\bigcup E_n$ is the set of all locally lipsczhitz and hence somewhere differentiable functions, and is meager by 1a, it follows that the compliment is the set of all nowhere differentiable functions, which must be a residual set.