Exercise 1 Let $f(x) = -4x^2 + 5x - 1$ and $a = -3$. Observe the table of values for $\dfrac{f(a+h) - f(a)}{h}$:

h	$\dfrac{f(a+h) - f(a)}{h}$
-0.1	29.4
-0.01	29.04
0.01	28.96
0.1	28.6

The limit as $h \to 0$ is approximately $\boxed{29}$.