C) Cálculo dos First e Follows:

Firsts:

```
FIRST[Programa] = program
FIRST[Bloco] = var, begin
FIRST[DeclaracaoSeq] = var, \varepsilon
FIRST[ComandoSeq] = id, if, while, print, read, \varepsilon
FIRST[Declaração] = var
FIRST[VarList] = id
FIRST[Type] = boolean, integer, real, string
FIRST[VarList2] = ,
FIRST[Comando] = id, if, while, print, read
FIRST[Expr] = id, integer_const, real_const, TRUE, FALSE, STRING_LITERAL, (
FIRST[Rel] = id, integer_const, real_const, TRUE, FALSE, STRING_LITERAL, (
FIRST[ExprOpc] = ==, !=, \varepsilon
FIRST[Oplgual] = ==, !=
FIRST[Adicao] = id, integer_const, real_const, TRUE, FALSE, STRING_LITERAL, (
FIRST[RelOpc] = <, <=, >, >=, \varepsilon
FIRST[OpRel] = <, <=, >, >=
FIRST[Termo] = id, integer_const, real_const, TRUE, FALSE, STRING_LITERAL, (
FIRST[AdicaoOpc] = +, -, \varepsilon
FIRST[OpAdicao] = +, -
FIRST[Fator] = id, integer_const, real_const, TRUE, FALSE, STRING_LITERAL, (
FIRST[TermoOpc] = *, /, \varepsilon
FIRST[OpMult] = *, /
```

Follows:

```
FOLLOW[Programa] = $
FOLLOW[Bloco] = $
FOLLOW[DeclaracaoSeq] = begin
FOLLOW[ComandoSeq] = end
FOLLOW[Declaracao] = begin, var
FOLLOW[VarList] = :
FOLLOW[Type] = ;
FOLLOW[VarList2] = :
FOLLOW[Comando] = id, end, if, while, print, read
FOLLOW[Expr] = ;, then, do, )
FOLLOW[Rel] = ;, then, do, ==, !=, )
FOLLOW[ExprOpc] = ;, then, do, )
FOLLOW[Oplgual] = id, integer_const, real_const, TRUE, FALSE, STRING_LITERAL, (
FOLLOW[Adicao] = ;, then, do, ==, !=, <, <=, >, >=, )
FOLLOW[RelOpc] = ;, then, do, ==, !=, )
FOLLOW[OpRel] = id, integer_const, real_const, TRUE, FALSE, STRING_LITERAL, (
FOLLOW[Termo] = ;, then, do, ==, !=, <, <=, >, >=, +, -, )
FOLLOW[AdicaoOpc] = ;, then, do, ==, !=, <, <=, >, >=, )
FOLLOW[OpAdicao] = id, integer_const, real_const, TRUE, FALSE, STRING_LITERAL, (
FOLLOW[Fator] = ;, then, do, ==, !=, <, <=, >, >=, +, -, *, /, )
FOLLOW[TermoOpc] = ;, then, do, ==, !=, <, <=, >, >=, +, -, )
FOLLOW[OpMult] = id, integer const, real const, TRUE, FALSE, STRING LITERAL, (
```