2. Given the function $h(f)=f^2+f$ ,
the average rate of change from $f=2$ to $f=5$ is:

9

-8

8

7

**Solution**

Using the average rate of change formula:

The average rate of change $= \frac{h(5)-h(2)}{5-2}$

$= \frac{(1(5)^2+1(5))-(1(2)^2+1(2))}{3}$

$= \frac{30-6}{3}$

$= 8$