

Information:

GlucoQuest: Sugar Rush Rescue was developed for GlucoJam, an event that promotes awareness about diabetes through interactive video games. Here, you'll learn in a fun way about the pancreas, insulin, and how to keep blood sugar levels balanced.

The information about the pancreas, insulin, and glucose levels used in this game is based on resources from the Federación Española de Diabetes (FEDE).

To learn more, you can visit their website: fedesp.es

We hope you enjoy playing and discover why maintaining balanced blood sugar is so important!

Learn how to play:

You'll travel through 4 stages, each focused on a different organ in your body. Before each stage begins, you'll see a quick preview explaining:

->Where you are (which organ).

->Why it matters for blood sugar control.

->What your main goal is in that level.

The challenges start simple and become trickier as you go—so practice each level to become a true glucose-balancing hero!

Keeping your glucose levels balanced is the main challenge. Here's how different foods affect it:

Healthy Foods (e.g., Fruits and Whole Grains)

Provide a steady boost without causing big spikes.

Help you stay in the safe (green) zone of your glucose meter.

Examples: Apples, bananas, oats, brown bread.

Sugary Treats (e.g., Candy, Soda, Cake)

Cause a rapid increase in your glucose meter.

Too many can push you into the danger zone!

Examples: Lollipops, sugary drinks, donuts, chocolate bars.

Balance is everything: pick the right foods to avoid big highs or lows. Make mindful choices, and remember that small healthy snacks can keep you on track!

With each level, you'll discover fun ways to stay balanced. Keep an eye on your glucose meter, stay in the green zone, and aim for a perfect finish every time. Enjoy learning about these vital organs as you play!

Introduction to the pancreas level:

Hey there, adventurer!

You've just arrived at a super important part of the body called the pancreas. This awesome organ creates insulin, which helps keep your blood sugar levels just right

Never TOO HIGH and never TOO LOW.

To maintain a good health inside the body we'll need to:

->Collect healthy foods for steady energy.

->Use insulin icons whenever your sugar levels start to climb too high.

->Watch out for sugary sweets that can quickly push your blood sugar into the danger zone!