

The startling result of the study in Istanbul; street food is dangerous

Research conducted in Istanbul revealed that foods such as kokoreç, rice, chicken doner, boza and cold sandwiches sold on the street pose danger. Bacteria that cause typhoid, such as salmonella, were detected in the samples taken as a result of the research conducted for 1 year.

Street flavors that reflect the food culture of every country and region, are colorful and accessible at all times and are a part of low cost food culture; It is preferred for many reasons such as the fast and practical preparation phase. The research conducted in Istanbul revealed the microbiological risks that may arise from the consumption of street delicacies. Pathogenic bacteria such as "Staphylococcus Aureus" were detected in 65 percent of the foods tested, "E.coli" in 25 percent, and "Salmonella" in 10 percent. While salmonella was encountered in products such as boza and cold sandwiches, it was found that there were "Staphylococcus Aureus" and "E.coli" bacteria in chicken rice and mixed toast.

BEWARE OF BOZA AND COLD SANDWICH!

Explaining the results of the research, Asst. Prof. Dr. Murat Doğan from Istanbul Gelisim University said: "We found Salmonella in 10 percent. Salmonella is also a bacterium that causes typhoid. Since it is a very risky bacterium, it can cause big problems in humans when infected."

Emphasizing that 10 percent of the samples had Salmonella bacteria, Doğan stated that this bacteria was seen especially in boza and cold sandwiches.

THE RISK OF FOOD POISONING IN 65 PERCENT OF FOOD

Dogan said: "We have made a first in Turkey research related to the evaluation in terms of food safety of street food. In the 65 percent of the samples we receive from Street Food 'Staphylococcus aureus' was detected. This microorganism especially causes food poisoning."

E-COOLI BACTERIA HAS BEEN IN 1 OF EVERY 4 FOOD

Stating that there is 'E.coli' bacteria in 1 out of every 4 foods in the samples investigated, Doğan said: "This is a factor that threatens public health and is caused by feces. There is a big problem in terms of food safety in street food. This situation should be taken under control as soon as possible." Among the foods that contain bacteria of E.Coli; Chicken doner, chicken rice, Albanian liver, cold sandwich and mixed toast.

SCORES OF THE SELLERS AND THE ENVIRONMENT ARE TOO LOW

Expressing that street food is at the forefront in developed countries and especially in Japan, Vice Dean of Istanbul Gelisim University Faculty of Fine Arts Asst. Prof. Dr. Murat Doğan added: "These are standardized in terms of hygienic design and food safety. Turkey also needs to be done similar studies. Officially, street food needs to be analyzed and a solution found. When we also measured the hygiene levels of those who prepared these foods, they got 34 points out of 100. This shows that their level of knowledge is insufficient. Environments are also problematic in terms of food safety, and from this, 30 points out of 100 were reached. It was seen from hand samples taken from vendors that 9 out of 10 people had a problem. Let's not take street flavors out of our lives, but street food needs to be under control as soon as possible and designed in good ways. Street food is an important element of gastronomy and food culture."

WEARING GLOVES IS NOT A SOLUTION

Expressing that sellers should wash their hands frequently rather than wearing gloves, Doğan said: "They can wear gloves and then prepare food and give money afterwards with that glove. Wearing gloves does not mean that it is hygienic. It is necessary to have an environment where they can wash and disinfect their hands. It is not happening in the current conditions, but it must be done as soon as possible."

THE STUDY LASTED FOR 1 YEAR, WITH 3 STAGES

Berna Aydın, a graduate of Istanbul Gelisim University, Department of Gastronomy, who carried out a year-long research, said: "Street flavors are an ancient food and beverage culture. We conducted a research consisting of 3 stages in terms of food safety of street flavors. We examined the microbiological quality of street flavors in a laboratory environment, then conducted a questionnaire to measure the food safety knowledge of street vendors, and finally, we collected and analyzed hand swap samples from street vendors. We presented this research after a year-long study.

Before starting this research, we wanted to do this issue that has not been addressed before and that a traditional eating and drinking culture such as street food should be studied more comprehensively, this very important issue for human health, such as food safety, in order to contribute to both people and the literature."

SELLERS ARE CONFIDENT

Tradesmen say the results of the research are not correct.

Bayram Taşkıran, a doner kebab master for about 15 years, said: "We buy our meat from the cleanest places. We season it well, let it rest and cook. It needs to be cooked on a fire of at least 300-350 degrees. We pay great attention to our hand hygiene for health. When we pay attention to where we store the mask and gloves at the same time, there is absolutely no problem."

The owner of the buffet, where it is sold food from rice to chicken doner, from hot dogs to toast, Abdülkadir Yılmaz said: "Before the coronavirus, we were paying attention to our hygiene. We pay attention to hygiene, mask, gloves and meticulousness. People always prefer quality and cheapness."

Halil Ece, the shop owner who sells kokorec, said: "Our counter is open and we serve in front of our customers by following the rules. We do not sell something that we do not eat to the customer. We must always give the best to win customers."

One of the tradesmen who made money by selling rice pilav said: "I gave importance to hygiene before the coronavirus started. We are careful not to work without our mask and gloves. Whenever a customer comes, we disinfect the tables with a washcloth. The food business is unlike any other and always demands attention. I keep the rice, I prepare during the day on the counter until 5-6 in the evening. I give the rest to those who need it, there is nobody just feed the street animals

PEOPLE TAKE FOOD FROM WHERE THEY KNOW

Saying that he does not believe that some food on the street is hygienic, Ali Demir said: "Since some of them are made at home and provide a living for people, it is possible to find the taste of home. I can understand that they are made at home and I prefer them. I prefer rice, meatballs whatever is sold outside."

Nesimi Yılmaz, who now live in France and visit Turkey said: "I live abroad and we miss tasting some flavors while coming here. However, the measures taken during the cleaning or while making it leave us hesitant, so we abstain. We have to give importance to quality. I believe quality brings cleanliness. I like meatballs and so-called saliva meatballs, though we are hesitant but we still eat."

Saying that she usually likes kokoreç and meat döner in street flavors, Ebru Yamak said: "I also stay away from chicken doner because I believe the outside is unhealthy."

Expressing that she prefers to consume doner, Sevgi Öner said: "I stay away from kokoreç and mussels. I prefer doner from places I trust, not everywhere. These days, I don't even want to take it anymore."

The coronavirus is increasing in the countries with income injustice

Evaluating countries such as USA, Brazil and India, which are among the countries where coronavirus is most common in the world, Asst. Prof. Dr. Onur Özdemir said: "When looking at the total of cases in these three countries, it is seen that it is at the top of the world ranking in income inequality."

Stating that households and individuals in the lower income group have problems in accessing the health services and taking advantage of available resources, Dr. Özdemir from Istanbul Gelisim University said: "All the arising problems trigger the increase of cases more than usual in countries with high income inequality and accelerate the current trend."

"THEY HAVE HIGH GROWTH RATE BEFORE THE PANDEMIC"

Stating that the top countries in the number of cases and income inequality were observed to have high growth rates before the pandemic, Dr. Özdemir spoke: "Although they have gained a significant share from the global product, it is seen that they have reached this result by highly triggering the dynamics that will increase injustice in the distribution of existing resources related to the growth process. In addition, this is not just an increase in income inequality levels measured on a household basis. In terms of production units, it is seen that the labor sector has a lower share than the total income in the output of the functional income distribution. For this reason, we can analyze once again the effects of the increasing level of injustice in income distribution through the number of cases during the pandemic process."

Özdemir continued his speech as follows:

"Although the governments of these countries emphasize that the system will not encounter a problem, it remains an important question that the majority of households in the lowest income group can allocate to health services when they are

infected. In other words, it seems impossible that households with low income levels, especially in countries where the health sector is relatively expensive, will fight the virus within their own means, without any assistance. Therefore, it is possible that households in lower income groups would stay away from a comprehensive health services and it increases the risk of transmission of the virus after all their efforts to combat the pandemic as income inequality rises. This situation may further aggravate the current economic and social problems due to the pandemic, and may accelerate the increasing trend of injustice in income distribution for future periods. In other words, each process has the potential to affect each other. Thus, it may lead to more serious consequences in the future.”

University dream realized at the age of 44

Sevda Güneş, born in 1976, graduated from the Turkish Language and Literature Program at the age of 44 and realized her university dream. Stating that she received negative reactions from her family and environment after her decision to study, Güneş said: “I set out on this road alone. I was determined and succeeded.”

Sevda Güneş, who completed her primary, secondary and high school education in Karabük, graduated from Istanbul Gelisim University Turkish Language and Literature Program at the age of 44. Currently studying Associate degree at the Faculty of Theology and showing her peers that there is age of success, Güneş stated that she wanted to study master's and doctorate and said: “My philosophy of life is to learn and teach. I like studying and learning myself and I want to be useful to my environment and the new generation. That's why I chose to study.”

“I WANTED TO HAVE A GOOD PROFESSION”

Sressing - “I am a person who lives intensely in me feelings such as love, death, loneliness, grief, sadness, betrayal, loyalty, all that human beings have about life” - Sevda Güneş said: “I like to express these feelings by writing them since I was very young. I wanted to improve myself in this field and I wanted to be in the world of literature. As a result, I wanted to have a good job. There have been some misfortunes in my life and as a result, I have had a lot of trouble. It was a decision I made at the end of this difficult process.”

“I BELIEVED, PERSEVERED AND SUCCEEDED”

Stating that she successfully obtained the result of working in a regular and programmed manner, Güneş added: "I was forty years old. Before, I took the university exam seven times and the KPSS 3 times. But since I did not do a planned and scheduled work, I find the error in myself and I could not succeed. With the decision I made after the difficult process I went through in 2016, I worked with a nice plan and program and achieved success and won a university."

"I GOT REACTIONS FROM MY FAMILY AND THE ENVIRONMENT ABOUT MY EDUCATION"

Expressing that at first she received negative reactions from her family and environment due to her age, Güneş said, "At that time, they saw it unnecessary for me to study. The society has a point of view that "Turkish women marry when they reach the age of marriage, set up a family and raise children". I think this job is a bit of fortune. I am not against this view, but since my life philosophy is slightly different at this point, I preferred to be more useful and to improve myself. So I decided to study. I didn't listen to anyone and I set out on this road alone. First I believed, persevered and succeeded. No matter how old a person is, he can achieve anything, only the decision he makes is important for this. We come to these days by passing through the filter of mistakes in the life we live. So I'm very happy with the decision I made."

"SOME PEOPLE LAUGHED AT ME FOR MY AGE"

Saying that the classmates laughed when they learned their age in the first lesson week, Güneş talked: "In our first lesson week, our teacher, asked 'who is the eldest in the class?'. He was younger than me. So I raised my hand and said - "I am 40 years old." Everyone was surprised, along with those in the class. There were even laughter sounds from the back rows. Then I went to the front of the class and gave a short talk to the young people. Of course there were reactions from my environment. There were also reactions from the school, but I didn't listen to any of them because I believed in myself. Friends were also prejudiced because they did not know me and did not know what I could achieve or not. Later, they saw that this had come to a completely different point in these four years."

"I HAD SOME PROBLEMS WITH YOUNGER GENERATIONS"

Adding that he was experiencing difficulties with the new generation, Güneş said: "They were too young for me, they were about my children. I became a sister and

mother to them. We took lessons in crowded classes. I am also a person who is very disturbed by noise. My teaching discipline is too much. That's why we had a lot of trouble in this regard as I definitely don't want sound and noise in the lesson. Young people had their own age groups and settings. I was left alone. Sometimes we had problems, but we ended four years with many bittersweet memories, everyone learned from each other.”

“A SPIRIT NOT CONNECTED TO A PURPOSE LOSE ITS PATH”

Sevda Güneş, did not neglect to make suggestions to the young people, and said: “You are the chrysolite stones of this country. Montaigne has a saying; ‘A soul that does not commit to a purpose loses its way. Because being everywhere is not being anywhere.’ Based on this statement, set very good goals for your future. Shape your life according to where you want to be in ten years. Life is not as easy as you think. If you have family today, it may not be tomorrow, if you have money it may not be tomorrow, if you have health it may not be, there is no guarantee of anything in life. So know the current time as cash and make very good decisions.”

“AGE DOES NOT MATTER, MAKING THE RIGHT DECISIONS MATTERS”

Emphasizing that age is not important for those who could not attend university due to certain reasons and feel that they are late, Güneş said: “The important thing is to make a decision as I said. There are many people around you who will affect you negatively. First, one must believe in himself. If you believe in yourself, others will believe you. Why should we direct our own lives by being influenced by someone else? If there is a goal I want to achieve, I can of course achieve it by working in a planned program. It is only important to make the right decision.”

Güneş finally addressed the youth with the following lines she wrote:

“In your youth, you think every season is spring, when the first white falls on your hair, you understand that the life is like autumn in every season.

The hope of the youth was exhausted before they lived it. If only they knew what a difficult thing life is getting older.

So bounce back before it's too late, know that every day is your fortune, and draw your destiny yourself every day.”